



QUARTERLY PROGRAMMING LIST
3rd Quarter – July, August, September 2015

The following is a description of WMGQ's regularly scheduled Public Affairs programs:

RADIO HEALTH JOURNAL

A weekly 30-minute program focusing on current issues in health and medicine, with America's leading health experts and the latest news in medical research

Sunday 6:00 am – 6:30 am

VIEWPOINTS

A weekly 30-minute program focusing on business, economics, mental health, family issues, education, popular culture, media, current affairs, government, technology, agriculture, environment, public safety and consumerism.

Sunday 6:30 am – 7:00 am

LIFE ADVICE WITH JENNIFER LEWIS HALL

A weekly pre-recorded 30-minute program focusing on life's daily pressures; kids, your boss, family, finances, job search, etc. Hosted by popular author, TV and radio personality Jennifer Lewis Hall

Sunday 7:00 am – 7:30 am

AT CENTRAL JERSEY WITH MAGGIE GLYNN

A weekly pre-recorded 30 minute program focusing on local news, events and individuals in Central New Jersey. Hosted by award winning journalist and radio personality Maggie Glynn from Metuchen, NJ

Sunday: 7:30 to 8am

WMGQ, Magic 98.3 FM is Central Jersey's choice for music and information. WMGQ's mix of music and up-to-the-minute news, traffic and weather keeps Central Jersey informed. In addition to WMGQ's 4 weekly public affairs programs, the station also provides the following services:

- Newscasts two times an hour from 5:30am – 8:00am Monday through Friday
- Traffic updates three times an hour 5:45am – 9:00am and three times per hour 4:00pm – 7:00pm Monday through Friday
- Weather updates every hour 24 hours a day, 7 days a week
- Public Service Announcements aired once per hour 7 days per week.

LEADING COMMUNITY ISSUES IN CENTRAL JERSEY

3rd Quarter – July, August , September 2015

1. Education
2. Employment, Business & Economy
3. Health & Public Safety
4. Mental Health and Personal Empowerment
5. Relationships
6. Government & Politics
7. Community & Society
8. Environment

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr. 2015

The following is a sampling of how WMGQ addressed the leading community issues during the third quarter of 2015:

EDUCATION

- (Viewpoints): Pre-recorded interview, (07/05/15) (11:00 minutes)
Moderator: Marty Peterson
Guests: William Joyce, Oscar-winning filmmaker, author of the children's book, *Billy's Booger: A memoir, sort of.* Mary Jo Rapini, psychotherapist who deals with issues of family relationships and intimacy
Subject: Kids are little bundles of imagination and they can amuse themselves with the simplest of household goods: a pot and a spoon, becomes a drum; a cardboard box turns into a fort, and a towel can transform them into a caped crusader! However, some parents tend to micromanage their kids time with structured activities and there's little left for the child to explore the world. We talk to a self-proclaimed "odd child" and imaginative artist and also to a psychotherapist about the pitfalls of over-involved parenting and the benefits of letting kids be on their own to use their imaginations and test their independence.
- (Radio Health Journal): Pre-recorded interview, (07/12/15) (12:00 minutes)
Moderator: Reed Pence
Guests: Dr. Diana Deutsch, Prof. of Psychology, Univ. of California, San Diego; Stephen Van Hedger, PhD student in cognitive psychology, Univ. of Chicago; Dr. Howard Nusbaum, Prof. of Psychology, Univ. of Chicago
Subject: The ability to "know" the musical pitch of any sound has traditionally been thought to be learnable only at a very early age through musical training. But new research shows perfect pitch is teachable to adults as well. Experts discuss the implications on all forms of learning.
- (Radio Health Journal): Pre-recorded interview, (08/16/15) (13:00 minutes)
Moderator: Reed Pence
Guests: Dr. John Foubert, Prof. of Higher Education and Student Affairs, Oklahoma State Univ., National President, one in Four, and author of 7 books on preventing sexual assault; Ashley Warner, psychoanalyst and author, *The Year After:*

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Subject: A Memoir, Dorothy Edwards, Exec. Director, Green Dot, Etc.
Colleges are now required by Federal law to present anti-sexual assault training to new students, but rather than instilling "no means no," some experts think we need to do much more to enlist men to help prevent sexual assault. Experts discuss how it can be done by making men allies, rather than regarding them as potential perpetrators, and through bystander training.

(Viewpoints): Pre-recorded interview, (08/16/15) (10:00 minutes)
Moderator: Marty Peterson
Guests: Dean Obeanauer, Asst. Dir. of Financial Aid for Financial Literacy, Creighton University, Omaha, Nebraska; Jeff Reeves, Exec. Editor, InvestorPlace.com
Subject: Millions of young people will soon head out on their own for the first time to attend college or start their first job. It will also be the first time many of them are in charge of their own finances. How literate are they about banking, spending, saving and credit? We talk to two financial specialists about what kids need to know about money and budgets, the best ways to organize their finances and what they can do to prevent going into credit debt.

(At Central Jersey): Pre-recorded interview, (08/16/15) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Metuchen High School Principal Bruce Peragallo and Athletic Director John Cathcart
Subject: Metuchen High School is organizing their first Hall of Fame. Principal Peragallo talks about the town, school history, research and community outreach being done for the first nominations to the Metuchen High School Hall of Fame. Some of the potential members of the first class are discussed.

(Radio Health Journal): Pre-recorded interview, (09/27/15) (7:00 minutes)
Moderator: Nancy Benson
Guests: Ann Gadzikowski, Early Childhood Coordinator, Center for Talent Development Northwestern Univ. and author, Creating a Beautiful Mess: The Essential Experience for a Joyful Childhood
Subject: Many schools are cutting down on recess to focus on the 3R's but child development experts say play is part of

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

children's "work" and an important part of how they learn.
One expert discusses.

EMPLOYMENT, BUSINESS AND ECONOMY

(Radio Health Journal): Pre-recorded interview, (07/05/15) (12:00 minutes)
Moderator: Reed Pence
Guests: Robin Nagle, Clinical prof. of Anthropology and Urban Studies, New York Univ., anthropologist in residence. New York Sanitation Dept, and author, Picking Up: On the Streets and Behind the Trucks with the Sanitation Workers of New York City; Sam Shick, franchise operator, 1-800-GOT-Junk

Subject: Most people don't think much about what happens to their trash after they set it at the curb. But day in and day out, refuse workers have the most dangerous municipal job, with more injuries than police or firefighters. Two experts discuss the massive job of hauling our garbage.

(Viewpoints): Pre-recorded interview, (07/12/15) (10:00 minutes)
Moderator: Marty Peterson
Guests: Carrie Morgridge, Vice President of the Morgridge Family Foundation author of Every Gift Matters: How your passion can change the world.

Subject: The huge donations by billionaires such as Bill and Melissa Gates, Oprah, and Warren Buffet get a lot of press, and they help a lot of charities and people around the world. You might be surprised to know, though, that most of the money that non-profits receive is from small donors giving much less to deserving causes. We'll talk to philanthropy specialist about how to give wisely and make sure your money is used in the way you intend.

(Jennifer Lewis Hall): Pre-recorded interview, (07/19/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Winnie Sun, Financial Planner
Subject: This session is about saving your money rather than spending it. Essentially what some experts call "building wealth" or "planning for our financial futures." Winnie talks about her top 10 Money Tips to Boost Your Budget and more.

(At Central Jersey): Pre-recorded interview, (07/19/15) (30:00 minutes)

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Moderator: Maggie Glynn
Guests: Al Murray, the NJ Assistant Secretary of Agriculture
Subject: New Jersey is the Garden State. What is the best way for consumers to take advantage of the locally grown produce? Al Murray talks about the farms in the state and the Jersey Fresh Program.

(At Central Jersey):
Moderator: Pre-recorded interview, (09/20/15) (30:00 minutes)
Maggie Glynn
Guests: George Kasimos the founder of Stop FEMA
Subject: The clock is ticking on the re-opened FEMA post-Sandy flood payments to home owners, yet many residents are not filing new claims. There are less than 30-days left in the extension to file for a review. Kasimos talks about why people are not filing, the thousands that remain homeless in Ocean County alone, the astronomically escalating cost of flood insurance and the frustration, depression, and pain facing survivors continuing to fight to rebuild their homes and their lives.

(Jennifer Lewis Hall):
Moderator: Pre-recorded interview, (07/26/15) (30:00 minutes)
Jennifer Lewis Hall
Guests: Ronald T. Hickey, author of "12 insights: An Uncompromising Examination of Life and The Hoola Paradigm: Becoming As Great As You Want To Be!"
Subject: Are you looking for a new Job, looking to make big moves in the workplace or feel like you're not as successful as you'd like to be? During this session of Life Advice Jennifer and Ronald T. Hickey have a poignant discussion on professional success and the top 5 things you need to know in the workplace.

(Viewpoints):
Moderator: Pre-recorded interview, (08/30/15) (10:00 minutes)
Marty Peterson
Guests: Ira Chaleff, founder and president of Executive Coaching & Consulting Associates, Washington, D.C., Aithor of the book Intelligent Disobedience: Doing right when what you're told to do is wrong.
Subject: We're taught from a young age that we should obey authority and do what adults tell us to do. Those lessons usually work in our favor; however there are times when a child and an adult should say no to the ones in charge. Our guest has studied this issue and has come up with situations where refusing to do something is the right thing, and he

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

discusses when and how to say “no” effectively and for the benefit of the individual and others.

(Viewpoints):

Pre-recorded interview, (09/06/15) (10:00 minutes)

Moderator:

Gary Price

Guests:

Amy Kristof-Brown, Prof. in the Henry Tippie College of Business at the University of Iowa; Paul J. Bailo, CEO of Phone Interview Pro, author of The Essential Digital Interview Handbook

Subject:

These days, a phone or digital interview often precedes the face-to-face meeting for job hunters. If you think that all you have to do is sit in front of your computer or cell phone camera and talk think again. Resumes are also changing; with online services such as LinkedIn and CareerBuilder being the first places an employer looks to find an applicant. We talk to two employment specialists about how the interview and resume processes have changed, and how applicants can get the edge in the digital job search market.

(Viewpoints):

Pre-recorded interview, (09/13/15) (11:00 minutes)

Moderator:

Gary Price

Guests:

Margaret Neale, Adams Dist. Prof. of Management at the Graduate School of Business, Stanford University. Thomas Lys, Eric L. Kohler Chair in Accounting at the Kellogg School of Management, Northwestern University. Both are co-authors of the book, “Getting more of What You Want: How the secrets of economics and psychology can help you negotiate anything, in business and in life.”

Subject:

Many American workers don’t get raises or promotions because they don’t know how to negotiate for them. We talk to two negotiation specialist about how to approach a salary increase request, get some psychological advice on how to gain the upper hand and find out why women are good at negotiating for others, but not themselves.

(Viewpoints):

Pre-recorded interview, (09/20/15) (8:00 minutes)

Moderator:

Gary Price

Guests:

Victor Tan Chen, Asst. Prof. of Sociology, Virginia Commonwealth University, founding editor of In the Fray Magazine, author of Cut Loose: Jobless and Hopeless in an Unfair Economy

Subject:

Although unemployment is down across the nation, there are still pockets of workers who have been unemployed for

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

years, with no hope of ever finding a good job. Our guest researched the sociological effects of long-term unemployment on out-of-work autoworkers in Michigan, and found out that the hurt, humiliation and family problems that unemployment brings aren't just about the financial losses. He also discusses how the global economy is making employment more difficult in the U.S., and suggests some ways to alleviate the burden of the unemployed and help all workers gain good, secure employment.

HEALTH AND PUBLIC SAFETY

- (Radio Health Journal): Pre-recorded interview, (07/05/15) (7:00 minutes)
Moderator: Nancy Benson
Guests: Dr. Christina Korownyk, Assoc. Prof of Family Medicine, Univ, of Alberta; Dr. Georgianna Donadio, Program Director, National Institute of Whole Health; Dr. Lindey Meredith, prof of Marketing, Beedie School of Business, Simon Fraser Univ.
Subject: TV doctors wield tremendous influence with patients, sometimes even more than a person's own doctor. Yet studies show that the advice you hear on TV is often unsupported by medical research. Experts discuss how celebrity doctors miss the mark and why they're so popular.
- (Radio Health Journal): Pre-recorded interview, (07/12/15) (7:00 minutes)
Moderator: Nancy Benson
Guests: Dr. Steven Nathan, Director, Advanced Lung Disease and Lung Transplant Program, Inova Fairfax Hospital, Falls Church, VA
Subject: Air pollution is blamed for one of every eight deaths worldwide, including 200,000 in the US each year. A noted lung physician discusses some of the diseases smog can cause and ways to keep your lungs safe.
- (At Central Jersey): Pre-recorded interview, (07/12/15) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Michael De Leon, president of the South Jersey based Steered Straight and the producer of two documentaries focusing on heroin addiction, "Kids are Dying" and "An American Epidemic."
Subject: Michael De Leon talks about the escalating heroin problem in the Garden State. According to statistics released in early

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

July by the Centers for Disease Control and Prevention
heroin deaths have quadrupled in the United States .

(Radio Health Journal): Pre-recorded interview, (07/19/15) (10:00 minutes)
Moderator: Reed Pence
Guests: Dr. Kate Menard, Prof. and Chief, Obstetrics & Gynecology, Univ. of North Carolina School of Medicine; Patricia Harman, certified nurse-midwife and author, The Midwife of Hope River novel series.
Subject: The death rate surrounding pregnancy in the US has been climbing to the point it compares with some third world countries rather than the western European nations we once compared to. Experts discuss possible reasons for the increase and one possible way to reverse it, more reliance on midwives.

(Radio Health Journal): Pre-recorded interview, (07/19/15) (8:00 minutes)
Moderator: Nancy Benson
Guests: Stacy Horn, author, Imperfect Harmony: Finding Happiness Singing With Others; Dr. Barbara Reuer, CEO and Founder, Musicworx, Inc. music therapy practice, San Diego; Karen Hesley, speech pathologist and director, Tremble Clefs singing group
Subject: Research shows that singing in a group has health benefits, as well as simply making people feel good. Experts and participants discuss this increasing singing trend in society, and how singing is being used to treat one serious disease.

(Radio Health Journal): Pre-recorded interview, (07/26/15) (9:00 minutes)
Moderator: Reed Pence
Guests: Dr. Richard Salvi, Distinguished Prof. of Communicative Disorders and Sciences, Univ. at Buffalo; Dr. Phillip Gander, Univ. of Iowa
Subject: Scientist have discovered that tinnitus, or “ringing in the ears,” involves many more areas of the brain than just those involved with hearing. Experts explain why the findings mean it will be difficult to develop treatments for tinnitus, and what sufferers can do now.

(Radio Health Journal): Pre-recorded interview, (08/02/15) (11:00 minutes)
Moderator: Reed Pence
Guests: Meghan Smeenge, injured in auto accident; Dr. David Pedley, consultant, accident and emergency medicine,

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Subject: Dumfries & Galloway Royal Infirmary, Scotland; Dr. Peter Cummings, Emeritus Prof. Of Epidemiology, Univ . of Wahington; Dr. Elisa Braver, Adjunct Assoc. Prof. of Epidemiology, Univ, of Maryland School of Medicine
Few people are aware that the vehicle occupant most likely to be hurt in a crash is the one in the front passenger seat. Experts discuss why this occurs, the different injuries that can occur there, and many ways car occupants can protect themselves from injury.

(Radio Health Journal): Pre-recorded interview, (08/02/15) (10:00 minutes)
Moderator: Nancy Benson
Guests: Katy Butler, author, Knocking on Heavens Door: The Path to a Better Way of Death.
Subject: It's a fine line between preserving life and prolonging death. An award winning science writer discusses her experience observing how medical professionals and patients differ in their acceptance of impending death, and what families need to know to navigate the end of life toward a "good death."

(Radio Health Journal): Pre-recorded interview, (08/08/15) (11:00 minutes)
Moderator: Reed Pence
Guests: Carmen Catizone, Exec. Dir., National Assoc. of Boards of Pharmacy; Libby Baney, Exec. Dir., Alliance for Safe Online Pharmacies; Dr. Roger Bate, scholar, American Enterprise Institute & author, Phake : The Deadly World of Falsified and Substandard Medicines
Subject: Consumers who purchase medicines online for convenience and price are taking a big risk experts say 97% of online "pharmacies" are rogue sites operating illegally. Often the medications they sell are counterfeit or substandard. Experts discuss the risks and how consumers can buy safely.

(Jennifer Lewis Hall): Pre-recorded interview, (08/09/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Briana Christine—Personal Trainer
Subject: On this edition of Life Advice Briana Christine joins us for a two-part series on her remarkable one-hundred pound transformation success story. The personal trainer and nutrition specialist as well as self-made mom-preneurial powerhouse shares how she transformed her body and

WMGO(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

founded health and fitness company Bikini Body Mommy, Inc.

(Jennifer Lewis Hall):

Pre-recorded interview, (08/16/15) (30:00 minutes)

Moderator:

Jennifer Lewis Hall

Guests:

Briana Christine—Personal Trainer

Subject:

On this edition of Life Advice Briana Christine joins us for the second part of this two-part series on her remarkable one-hundred pound transformation success story. The personal trainer and nutrition specialist as well as a self-made mom-preneurial powerhouse shares how she transformed her body and founded health and fitness company Bikini Body Mommy, Inc. What are some of her secrets? Join us to find out on this edition of Life Advice.

(Radio Health Journal):

Pre-recorded interview, (08/23/15) (11:00 minutes)

Moderator:

Reed Pence

Guests:

Dr. Judith Litchman, Assoc. Prof and Chair of Epidemiology, Yale School of Public Health; Dr. Holly Anderson, attending cardiologist and Director of Education and Outreach Perelman Heart Institute, New York Presbyterian Hospital.

Subject:

Young women are at a relatively low risk of heart attacks, but when they have one, a much greater proportion die than among men of the same age. Surveys show young women are often unaware of their risk and are much less likely to go to the emergency room when a heart attack occurs. Experts discuss reasons and possible remedies.

(At Central Jersey):

Pre-recorded interview, (08/23/15) (30:00 minutes)

Moderator:

Maggie Glynn

Guests:

Middlesex County Mosquito Extermination Commission Superintendent Deepak Matadha and Elaine Everett from Albert Music Hall in Wartown and the Pinelands Cultural Society

Subject:

West Nile Virus deaths in New Jersey are in the news. What is happening in Middlesex County to control the mosquito population? Maggie talks with the Middlesex County Mosquito Extermination Commission Superintendent Deepak Matadha about their eradication measures and what you can do in your own backyard to help, and their year round control measures around the county. Lastly Maggie talks with Elaine Everett about a

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr. 2015

New Jersey tradition. Everett talks about the live traditional "Jersey" music heard year around at Albert Music Hall. The Pinelands Cultural Society strives to keep the New Jersey traditions going in a family friendly, reasonably cost effective manner.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/23/15) (7:00 minutes)

Nancy Benson

Nathan Belofsky, author, Strange Medicine: A Shocking History of Real Medical Practices Through the Ages.

An expert examines how far we've come in medicine by focusing on past practices, which lead him to conclude doctors in ancient Greece provided better care than those in the US 150 years ago.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/30/15) (12:00 minutes)

Reed Pence

Paul Tabachneck, IT professional, musician and misophonia sufferer; Judy Krauthamer, author, Sound Rage: of the Neurobiology and Psychology of a Little Known Anger Disorder; Dr. Aage Moller, Prof. of Behavioral and Brain Sciences, Univ. of Texas at Dallas.

A surprisingly large number of people may become agitated or even enraged when they hear "mouth sounds" such as chewing or slurping, sniffing, or crunching of paper. This disorder, misophonia, is largely unknown, but researchers believe audio processing of these sounds is mis-routed to rage centers in the brain. Experts and a sufferer discuss the syndrome.

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/30/15) (30:00 minutes)

Maggie Glynn

Tracy Noble, the manager of Public & Government Affairs for AAA Mid-Atlantic Region and Sergeant Christopher Rokicki from the Somerset County's Prosecutors office.

A report by AAA foundation for Traffic Safety shows distracted driving contributes to 58% of auto crashes involving teens. Maggie's guests talk about the report and what's being done locally about the issue.

(At Central Jersey):

Moderator:

Guests:

Pre-recorded interview, (09/06/15) (30:00 minutes)

Maggie Glynn

Sherrie Wells mom and founder of the Hugs for Brady Foundation based in South Brunswick

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr. 2015

Subject: This non-profit is working to ease the burden on families effected by childhood cancer and is raising money for severely underfunded childhood cancer research.

(Radio Health Journal): Pre-recorded interview, (09/06/15) (11:00 minutes)

Moderator: Reed Pence

Guests: Dr. Nicholas Papadopolous, Prof. of Oncology, John Hopkins Univ; Dr. Scott Kopetz, Assoc. Prof. of Medical Oncology, Univ. of Texas MD Anderson Cancer Center; Dr. Terry Friedlander, Asst. Clinical Prof. of Medicine, Univ. of California at San Francisco

Subject: Cancer biopsies traditionally require surgery to remove a piece of tumor. But doctors are increasingly able to find evidence of cancer in the blood, eliminating the need for surgery. Researchers hope to eventually be able to use these liquid biopsies for cancer screening and early diagnosis. Experts discuss.

(Radio Health Journal): Pre-recorded interview, (09/06/15) (13:00 minutes)

Moderator: Nancy Benson

Guests: Dr. Ernie Ward, Veterinarian and founder, Association for Pet Obesity Prevention; Dr. Deborah Linder, Research Asst. Prof., Cummings School of Veterinary Medicine, Tufts Univ.

Subject: Just as people face an obesity crisis in the US, so do our pets, which have many of the same health consequences as overweight humans. Experts discuss why pet obesity is a problem and ways pet owners can keep their furry friends healthy.

(Radio Health Journal): Pre-recorded interview, (09/13/15) (13:00 minutes)

Moderator: Reed Pence

Guests: Bill Hansen, car accident survivor; Dr. Edward Hickling, Prof. of Psychology, Univ. at Albany and co-author, After the Crash; Debbie Miller Koziarz, car accident survivor.

Subject: Auto accidents are the largest cause of post-traumatic stress disorder. About 25 percent of people injured in car crashes will suffer from it. Accident survivors and one of the world's foremost experts discuss variables that make PTSD worse and those that make recovery easier, as well as the essentials victims must carry out to recover.

(Radio Health Journal): Pre-recorded interview, (09/13/15) (6:00 minutes)

Moderator: Nancy Benson

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Guests: Mark Phillips, Palcohol inventor; David Jernigan, Assoc. Prof. Johns Hopkins Bloomberg School of Public Health; Rick Jones ®, State Senator, Michigan; Brian Kelsey ®, State Senator, Tennessee

Subject: Newly-invented powdered alcohol is entering the market, but some experts and legislators believe it should be banned because it's likely to be abused by teens. Experts, the products inventor and legislators discuss.

(Radio Health Journal): Pre-recorded interview, (09/20/15) (11:00 minutes)

Moderator: Reed Pence

Guests: Dr. Harold Katcher, Prof. of Biology, Univ. of Maryland, College and co-founder, Turritopsis Corp.; Dr. Michael Conboy, researcher, Univ. of California, Berkeley; Nelson Yee, founder, XVitality Sciences

Subject: Scientists have discovered that older research animals can seemingly be made young again with infusions of young blood which reactivate stem cells. Researches have started to isolate factors in plasma that appear to be responsible, opening the door to possibly rolling back the clock on aging. Experts explain.

(Radio Health Journal): Pre-recorded interview, (09/20/15) (7:00 minutes)

Moderator: Nancy Benson

Guests: Walter Michka, Health blogger and exploding head syndrome sufferer; Dr. Brian Sharpless, Asst. Prof of Psychology, Washington State Univ. and author. Sleep Paralysis.

Subject: A sleep disorder strangely named "exploding head syndrome" may keep more than 10 percent of people awake at night by inflicting them with crashing sounds that only they can hear. A sufferer and an expert discuss.

(Radio Health Journal): Pre-recorded interview, (09/27/15) (13:00 minutes)

Moderator: Reed Pence

Guests: Dr. Katherine Baicker, Prof of Health Economics, Harvard School of Public Health; Larry Chapman, President and CEO, Chapman Institute; Al Lewis, co-author, Cracking Health Costs: How to Cut Your Company's Healyh Costs and provide Employees Better Care

Subject: Most medium and large businesses now have corporate wellness programs from employees in an effort to keep health insurance costs down. Many have incentives for reaching health goals. Experts discuss how these plans

work and whether the effort shows up favorably on the bottom line.

MENTAL HEALTH AND PERSONAL EMPOWERMENT

- (Viewpoints): Pre-recorded interview, (07/19/15) (10:00 minutes)
Moderator: Gary Price
Guests: Tim Bono, assistant dean in the college of arts and sciences, and a lecturer in psychology at Washington University, St. Louis; Fredric Lenoir, philosopher, sociologist and religious historian. Author of the book, *Happiness: A Philosophers guide*.
Subject: We hear that we should be happy, and that happiness helps you live longer, brings more tranquility to your life, and to the lives of your family and friends. But do you know what happiness truly is? We talk to a psychologist and a philosopher about the essence of happiness, how to find it and how it's different from person to person and across the globe.
- (Radio Health Journal): Pre-recorded interview, (07/26/15) (10:00 minutes)
Moderator: Nancy Benson
Guests: Wendy Parmley, psychotherapist and author, Hope After Suicide: One Woman's Journey From Darkness to Light; Donna Schuurman, CEO, Dougy Center for Grieving Children and Families, Portland, OR
Subject: Children whose parents die by suicide face a difficult emotional recovery. Well-meaning adults often make it worse with their mistakes in how they talk about the death. Experts discuss the right and wrong ways to help children cope with parental suicide.
- (Jennifer Lewis Hall): Pre-recorded interview, (08/02/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Ronald T. Hickey, author of "12 insights: An Uncompromising Examination of Life and The Hoola Paradigm: Becoming As Great As You Want To Be!"
Subject: Are you a leader or a follower? This session of Life Advice is about how to capture your leadership spotlight and own it.

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (08/02/15) (11:00 minutes)

Gary Price

Scott Liliensiefel, professor of psychology, Emory Univ. Atlanta, GA; James Fallon, neuroscientist at Uni. Of California-Irvine, author of "The Psychopath Inside: A neuroscientist's personal journey into the dark side of the brain."

Subject:

When we hear the term "psychopath," we usually think of serial killers or other nasty villains. Rarely does anyone think of the mild-mannered neuroscientist next door. We talk to a psychologist and to a neuroscientist who happened to be psychopathic, about what the term actually means in the medical world, how it's tested for in various people, the traits that most often set it apart from other conditions, and how many people who have psychopathic tendencies can function in a non-violent, productive way.

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/02/15) (30:00 minutes)

Maggie Glynn

Rutgers University Co-Principal investigators of the study Donna Van Alst and Patricia Findley

The newly released Sandy Child and Family Health Study outlines how children and adults in New Jersey are suffering and living under extraordinarily stressful conditions nearly three years after the catastrophic Hurricane Sandy. Maggie's guest talk about the findings of the study and the depths of despair of Superstorm Sandy victims.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/08/15) (8:00 minutes)

Nancy Benson

Dr. David Stayer, Prof. of Cognition Neurosciences, Univ of Utah; Dr. Jayson Watson, Assoc. Prof. of Psychology, Univ. of Utah

Multitasking seems like a necessity for most people, and most of us think it improves our efficiency. However, studies show that only a tiny proportion of people can juggle tasks well. Researchers discuss why our brains can't do two things at once, why "supertaskers" may be different.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (08/16/15) (6:00 minutes)

Nancy Benson

Dr. William Frey, Univ, of Minnesota and research Director, Health Partners Neuroscience; Dr. Judith Orloff, psychiatrist and author, Emotional Freedom



WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Subject: Researchers are learning that tears shed for different reasons are chemically different. Emotional tears, for example, contain high levels of stress hormones, indicating they may be a way for the body to reduce stress. Experts discuss why it's good for people to cry.

(Radio Health Journal): Pre-recorded interview, (08/30/15) (7:00 minutes)
Moderator: Nancy Benson
Guests: Dr. Ronald Pies, Prof. of Psychiatry, State Univ. of New York Upstate Medical Univ. and Clinical Prof. of Psychiatry, Tufts Univ.; Danny Gregory, author and illustrator, A Kiss Before You Go

Subject: Everyone deals with grief at one time or another. An expert discusses how it's experienced by most people, and what separates normal grief from more problematic depression. A writer/illustrator discusses his experience dealing with his spouses sudden death.

(Viewpoints): Pre-recorded interview, (09/20/15) (12:00minutes)
Moderator: Marty Peterson
Guests: Emily Bingham, author of Irrepressible: The Jazz age life of Henrietta Bingham. Victoria Shorr, author of the historical novel, Blacklands.

Subject: Many women today take for granted their independence and the rights they have socially and legally. It wasn't always that way, and we'll hear about two women, one a socialite and the other a bandit, who felt constrained by the codes of behavior imposed on women in the early part of the 20th century, so they decided to live their lives on non-traditional ways. You probably have never heard of them, but our guests say that there are thousands of unknown women like them who, in their own small ways, made modern women's lives much more free. We'll also hear how one author inspired to open girls schools to create more female leaders.

RELATIONSHIPS

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

(Jennifer Lewis Hall): Pre-recorded interview, (07/05/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Jill Dickman, Co-Author of *No Plus One*
Subject: Dickman talks about "No Plus One" which is a manual for living what the authors call "an amazing single life."
Jennifer and Dickman also talk about the biggest points in the book that the authors call "The EX Files, How To Get Over an Ex."

(Jennifer Lewis Hall): Pre-recorded interview, (07/12/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Winnie Sun, Financial Planner
Subject: This session of life advice is about Wedding season. Jennifer's guest Winnie's got 10 Money Tips for Married Couples. What are the things couples need to know? What's the best way couples should set themselves up to be financially successful? These are things couples need to know ASAP.

(Viewpoints): Pre-recorded interview, (08/30/15) (11:00 minutes)
Moderator: Gary Price
Guests: Martha Ertman, professor of law specializing in contract and family at Carey School of Law, University of Maryland, author of the book, *Love's Promises: How formal and informal contracts shape all kinds of families.*
Subject: There are millions of Americans who live together as husband and wife, but they never became formally "married." What are their rights? Who gets the house, the car the bank accounts if they break up or one of them dies? We talk to a noted contract and family law attorney who has written extensively on the subject to find out how society and then the courts view cohabitation relationships. We also discuss what cohabiting couples should do to prevent problems with the law.

GOVERNMENT AND POLITICS

(Viewpoints): Pre-recorded interview, (07/19/15) (10:00 minutes)
Moderator: Gary Price
Guests: Harlow Giles Unger, historian and author of the book, *Mr. President: George Washington and the making of the nation's highest office.*
Subject: The President of the United States has a lot of powers that we think are given to him by the U.S. Constitution. You

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr. 2015

might be surprised to find out, however, that very little in that document actually outlines the job or the authority the Commander –in Chief possesses. We talk to a historian about how executive powers and privilege for the President were created not by Congress but by the first man to hold the nation's highest office.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/23/15) (11:00 minutes)

Gary Price

Matthew McGregor, Aria Juliet Castillo

Snapchat is quickly rising to the top of the social media hierarchy, and presidential candidates want to tap into its growing audience. But how exactly do you reach young voters on social media without sounding "too political" and boring? We speak with Matthew McGregor, President Obama's former digital strategist, and Aria Juliet Castillo a young voter who loves social media and politics about the issue.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (09/25/15) (11:00 minutes)

Gary Price

Howard Talenfeld, President of Florida's Children First, the states leading child advocacy organization; Christine Spudeas, Executive Director of Florida's Children First; Ashley Rhodes-Courter, former foster child and now a foster mother, author of the book *Three More Words*.

When a child is placed in foster care, she's already been through the traumatic experience of being removed from her family's care, and now faces an uncertain future in a new home—sometimes worse than the one she left. We discuss the successes and failures of the system and hear about what can be done to strengthen it so that children receive the best care available, foster families get the support they need to help a child with the transition, and caseworkers receive the support they need to do their jobs.

COMMUNITY AND SOCIETY

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (07/05/15) (10:00 minutes)

Gary Price

Joe Randazzo, head writer for @Midnight on Comedy Central, former editor of *The Onion*, former creative editor

WMGO(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

of Adultswim.com, author of the book *Funny on Purpose: The definitive guide to an unpredictable career in comedy.*

Subject: Everyone likes a good comedy show, and these days there seems to be a comedian around every corner. Comedy club comics, television shows, movies and plays that try to make us laugh at the absurdities of life are very popular, but did you ever wonder just how they come up with their material? We talk to a veteran comedy writer about the process of writing funny stuff and the successes and failures that make a comedian a star.

(Viewpoints): Pre-recorded interview, (07/12/15) (11:00 minutes)
Moderator: Gary Price
Guests: Melysa Sperber, Dir. Of the Alliance to End Slavery and Trafficking, a project of Humanity United; Key Buck, CEO of Coalition to Abolish Slavery and Trafficking, CAST, Los Angeles, CA

Subject: Slavery is alive in the US and around the world in the 21st century. That's hard to believe, but all over the world people are being forced to work long hours as laborers or in the sex trades, in horrible conditions for little or no money- and there's no way for them to get out. We talk to two specialists in human trafficking about the issue and what's being done to help the survivors of this horrible crime and their families.

(Viewpoints): Pre-recorded interview, (07/19/15) (11:00 minutes)
Moderator: Gary Price
Guests: Shelia Jordan, jazz singer, teachers and composer; Ellen Johnson, singer, musician, and author of "Jazz Child: A portrait of Sheila Jordan."

Subject: Jazz is the quintessential American music genre, and nobody sings it better than Sheila Jordan. We talk to Jordan and her biographer about Jordan's rise from poverty to her career singing with some of the most famous jazz musicians of the 20th century, the racism that jazz musicians, both black and white, experienced, and the need to preserve this music for future generations.

(Viewpoints): Pre-recorded interview, (07/19/15) (10:00 minutes)
Moderator: Gary Price
Guests: Patricia Cornwell, crime novelist, author of "Flesh and Blood"



WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Subject: Crime novels are among the most popular reading in the U.S., and nobody writes a more engaging suspenseful and factually accurate story than award-winning and best-selling novelist Patricia Cornwell. Her Kay Scarpetta series is full of detailed forensic information, and we talked to her about how she gathers her facts and actually experiences some of the dangerous situations that she puts her heroine through in her books.

(At Central Jersey):

Pre-recorded interview, (07/26/15) (30:00 minutes)

Moderator:

Maggie Glynn

Guests:

Somerset County Parks Recreation Manager Karen Newman, and Rich Helfant, the Executive Director of Lucy the Elephant in Margate, NJ

Subject:

The Somerset County Park System has a great choice of places and events for listeners to choose from to get out and enjoy nature, concerts, and historic places. Karren Newman talks about special events and their excellent parks. Lastly Maggie talks to Rich Helfant about how a historic site in New Jersey that has encouraged double takes from residents since the 19th century (Lucy the Elephant in Margate, NJ) is celebrating its 134 birthday. Helfant discusses her rich history and the efforts to maintain her for future generations.

(Viewpoints):

Pre-recorded interview, (08/02/15) (9:00 minutes)

Moderator:

Gary Price

Guests:

Aspen Baker, co-founder and executive director of Exhale, author of the book, "Pro-Voice: How to keep listening when the world wants a fight."

Subject:

It seems that when the topic of abortion comes up in the media, there are two distinct sides voicing their opinions with no middle ground or real conversation on the topic. The debate over this issue and other touchy topics these days usually disintegrates into an "Us vs. Them" shouting match, leaving many on both sides and in the middle angry and dissatisfied. Our guest offers a new way to discuss abortion—without taking sides, without name calling or raised voices—that brings the issue to a more personal and compassionate level.

(Viewpoints):

Pre-recorded interview, (08/09/15) (9:00 minutes)

Moderator:

Gary Price

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Guests: Lt. Brad Gray, Correctional Officer, Rockville Correctional Facility, Rockville, IN; Stacie Brown, Inmate; Clearly Wolters, former inmate, author of "Out of Orange: A memoir."

Subject: The Netflix television show, Orange is the New Black, depicts life in a women's prison, but is it real? Are the inmates whose lives they portray realistic? We toured a real women's medium-security prison, talked to the administration and some inmates there to find out. We also talk to the real-life Alex Vause from OITNB, Clearly Wolters – a former inmate and friend of Piper Kerman, author of the book Orange is the New Black: My year in a women's prison.

(Viewpoints): Pre-recorded interview, (08/09/15) (10:00 minutes)

Moderator: Marty Peterson

Guests: Kelly Patterson, Inmate; Tony Golightly, Inmate

Subject: What's a women's prison really like? Motherhood, drama and romantic relationships are all quite common. We visited Rockville Correctional Facility and sat down with two inmates to discuss their prison experience, past regrets and what they've learned while serving their sentences.

(Viewpoints): Pre-recorded interview, (08/16/15) (10:00 minutes)

Moderator: Gary Price

Guests: Shaun Usher, author of Lists of Note: An eclectic collections deserving of a wider audience.

Subject: Everyone makes lists: Shopping lists, to-do lists, Christmas lists, and many more. But what do your lists say about you? We talk to an author who looked at hundreds of lists compiled but the famous, the infamous and the unknown, and found out that they say a great deal about the times, our history and the list makers themselves.

(Viewpoints): Pre-recorded interview, (08/23/15) (10:00 minutes)

Moderator: Gary Price

Guests: Ronald K. Firestein, author of "A Triumph of Genius: Edwin Land, Polaroid and the Kodak Patent War."

Subject: These days, "instant photography" means digital pictures that can be cropped, enhanced and captioned and uploaded to the internet in a matter of minutes. It's nothing very novel today, with all of the cell phones and tablets that can produce stunning photos. It wasn't that long ago, however, that "instant" pictures were as talked about as the latest

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr. 2015

iPhones are today. We'll hear about the genius, who made instant photos happen, take a look at his other inventions, and hear how his success led to a battle of giants in the photography world.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/23/15) (30:00 minutes)

Jennifer Lewis Hall

Fellow radio host Keith Greaves of "Talk Anguilla"

On this edition of Life Advice, we launch a special series on dream travel destinations and we're doing just that from a little piece of paradise. With fellow radio host Keith Greaves of "Talk Anguilla" as our guide, were talking about this top travel location, its rich history politics in the Caribbean and my own lineage on this magical island.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (08/30/15) (30:00 minutes)

Jennifer Lewis Hall

Top chef Daniel Le Guenan, consulting Chef/Food & Beverage Director, Cap Juluca, Anguilla British West Indies.

On this edition of Life Advice we continue our series from the beautiful island of Anguilla. Today we're talking about the specialties that are amazingly pleasing to the palate with top chef Daniel Le Guenan, consulting chef/food & beverage director, Cap Juluca, Anguilla British West Indies.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (09/06/15) (30:00 minutes)

Jennifer Lewis Hall

Hotel and resort professional, Lockhart Hughes with Cap Juluca

We're back to school and even though we're soon changing seasons, we're coming to you from a little piece of paradise for Life Advice as I continue my series on island life and as I learn and discover even more about my own family history. Joining Jennifer is a native Anguillan who talks about growing up on this exclusive Island.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (09/13/15) (30:00 minutes)

Jennifer Lewis Hall

Albert Lake, sommelier

Have you ever wondered what it's like to be able to actually drink wine for a living? Joining Jennifer is Albert Lake who has a broad breadth of knowledge about vino.

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Lake a native of the beautiful island of Anguilla meets people all over the world and helps them choose the perfect wine.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (09/13/15) (10:00 minutes)

Marty Peterson

Allan Johnson, author of "Not From Here: A memoir."

When you ask an American, "where are you from?" most of them will say it's where they live now or where they were born. We talk to one man who thought long and hard about that question and went on a journey around the Midwest and Plains States to try to answer it. He learned a lot about his family's heritage and the cost in lives, land and culture that indigenous peoples paid so European settlers could call themselves Americans.

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (09/13/15) (30:00 minutes)

Maggie Glynn

Alan Stefanowicz A Vietnam Vet, and the force behind the concert and Phylissaanne Stehn, David Winters President of the Intrepid Fallen Heroes fund

Stefanowicz talks about the Intrepid Fallen Heroes Fund Concert that highlights the work being done and funds being raised for Veterans. He also talks about the community support and the reasons why they decided it was important to raise money locally for the Intrepid Fallen Heroes Fund. Lastly winters talks about how this non-profit aids military personnel with traumatic brain injury and psychological health conditions at their treatment centers around the country.

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (09/20/15) (30:00 minutes)

Maggie Glynn

Artistic Director Marshall Jones III and Associate Producer Amie Bajalieh

The award winning, nationally lauded Crossroads Theatre in New Brunswick is the nation's premiere African American Theater. Maggie and her guest talk about their upcoming season, their mission, and the supportive patron and artistic community involved with crossroads.

(Jennifer Lewis Hall):

Pre-recorded interview, (09/20/15) (30:00 minutes)

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

Moderator: Jennifer Lewis Hall
Guests: Albert Lake
Subject: During this session of life advice we learn more about the history of wines, wine regions and how to choose the perfect wine, especially on a budget.

(Viewpoints): Pre-recorded interview, (09/27/15) (9:00 minutes)
Moderator: Marty Peterson
Guests: Karen Bonnell, Co-Parent Coach, author of "The Co-Parents Handbook: Raising well-adjusted, resilient and resourceful kids in a two-home family from little ones to young adults."
Subject: Separations and divorces are common in the U.S., and out of those split-ups come children living in two households. These kids often experience situations and conflicts that their friends living in an intact household don't. We talk to co-parenting specialist about how the parents behavior, ability to compromise, and desire to put the child's needs above their own, can lead to successful parenting and well adjusted, happy kids.

(Jennifer Lewis Hall): Pre-recorded interview, (09/27/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Cathy Hackl, public relations expert
Subject: Social Media for your kids is our focus for this addition of Life advice with Jennifer Lewis-Hall. Jennifer's guest Hackl shares how to use Facebook and beyond to enhance your professional profile, business work- and job search. Also, we tackle the do's and don'ts regarding the internet and your kids.

ENVIRONMENT

(At Central Jersey): Pre-recorded interview, (07/19/15) (30:00 minutes)
Moderator: Maggie Glynn
Guests: John Tiedeman, the Director of the Marine and Environmental Biology and Policy Program at Monmouth University.
Subject: Tiedeman talked about the Portuguese –Man-O-War, sharks, and the jellyfish in the Barnegat Bay. What are the Portuguese –Man-O-War's washing up on the Jersey Shore? Are they toxic? Are they dangerous to swimmers? Maggie Glynn talks with John Tiedeman about it.

WMGQ(FM) QUARTERLY PROGRAM LIST

3rd Qtr.2015

(Viewpoints):

Pre-recorded interview, (09/06/15) (9:00 minutes)

Moderator:

Gary Price

Guests:

Dr. Samuel Richards, a senior lecturer in sociology at Penn State University; Keith Norris, director of government affairs & partnerships at the Wildlife Society; Mike Hoffman, senior scientist for the International Union for Conservation of Nature, Species Survival Commission.

Subject:

When an American trophy hunter killed Cecil the Lion, a protected animal in an African game preserve. The internet was packed with Tweets and Facebook diatribes condemning the man who did it and big game hunting in general. Why are we so concerned about one animal when there are millions of them killed around the world every year? Is there a good reason to shoot large game for sport, or is it always wrong? We talk to several wildlife specialists about the Cecil incident, find out how this is only the tip of the iceberg when it comes to hunting and poaching wild animals, and hear about the good things that controlled and monitored trophy hunting can provide.