



QUARTERLY PROGRAMMING LIST
1st Quarter – January, February, March 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

1st Quarter – January, February, March 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

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

EDUCATION

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (02/01/15) (30:00 minutes)

Maggie Glynn

New Jersey Education Association President Wendell Steinhauer

The school districts in New Jersey have made large investment preparing for the new PARCC tests (Partnership for Assessment of Readiness for College and Careers) being administered to Grades 3 and up in the public school system. This show addresses the changes in the classroom that have occurred throughout the Garden State since September. The cost of implementation both in time, effort and money is covered in the program. New Jersey Education President Wendell Steinhauer outlines the views of his member teachers concerning the implementation and issues with the PARCC tests.

(Viewpoints):

Moderator:

Guests:

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

Gary Price

Diana E. Hess, Senior VP of the Spencer Foundation, Prof. of Social Studies Education, University of Wisconsin – Madison; Paula McAvoy Assoc. Program Officer of the Spencer Foundation and Philosopher of education. Both guests are coauthors of the book, *The Political Classroom; Evidence and ethics in democratic education.*

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Subject: Civics classes in many grade schools and high schools aren't the same as they were back 20 years ago, when teachers lectured on "how a bill becomes a law" to a roomful of bored students. These days, kids are more likely to discuss and debate some of the most pressing issues of the day. We talk to two researchers about how some schools are teaching students how to debate correctly, how discussion of hot topics can foster understanding of diverse points of view, and the long-term benefits for students who engage in thoughtful, civil, debate.

(Viewpoints): Pre-recorded interview, (02/08/15) (10:00 minutes)

Moderator: Marty Peterson

Guests: Jacqueline Woodson, award-winning author of "Brown Girl Dreaming," a memoir written entirely in verse.

Subject: So much literature is written by white authors, of the past and present that it's not always relevant to young people of color, immigrants or those from non-western backgrounds. Our guest, an award-winning author, says it's time to hear from different voices in literature, beginning when children just start to open books. We'll hear how she became a writer, and get a peek inside her memoir of growing up in two worlds, written entirely in verse.

(Radio Health Journal): Pre-recorded interview, (02/08/15) (12:00 minutes)

Moderator: Reed Pence

Guests: Joan Herbers, Prof. of Evolution, Ecology and Organismal Biology, Ohio State Univ. and Past President, Assn. for women in Science; Dr. Jo Handelsman, Associate Director for Science, US Office of Science and Technology Policy

Subject: Few female role models exist at major research universities in scientific fields, subverting efforts to get more women into math and science. Many scientists have dismissed gender bias as a factor. However, new research shows that unintentional bias results in women being subconsciously considered less competent than their male scientific counterparts. Experts explain how unconscious bias exists and its pervasive effect in academia and society at large.

(At Central Jersey): Pre-recorded interview, (02/22/15) (30:00 minutes)

Moderator: Maggie Glynn

Guests: Melanie Paggioli, the Executive Director, Friends of the Bruce Springsteen Collection

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Subject: Classes and seminars about the work of NJ native and famous rocker Bruce Springsteen have been offered at a number of colleges and universities over the past few years. The definitive collection of works about Bruce Springsteen for fans, researchers, and writers to access is now housed at Monmouth University in Long Branch, NJ. This collection of more than 20,000 items was started by a volunteer group, The Friends of the Bruce Springsteen Collection.

(Viewpoints): Pre-recorded interview, (11/30/15) (12:00 minutes)

Moderator: Marty Peterson

Guests: Danny Gregory, artist, teacher, founder of the Sketchbook Skool, and author of "Art Before Breakfast: A zillion ways to be more creative no matter how busy you are"

Subject: All of us drew pictures as children, but as we grew older, we saw that we either did or did not have real talent. Those of us who were not skilled gave it up and went on to do other things. Our guest says that we shouldn't have dropped the pencil or paintbrush, and he'll tell us how we can all benefit from drawing on a daily basis, both in developing skill in art and creativity and confidence in other parts of our lives.

(Viewpoints): Pre-recorded interview, (03/01/15) (8:00 minutes)

Moderator: Gary Price

Guests: Tom Jackson, author of "Physics: An illustrated history of the foundations of science" a Ponderables book.

Subject: The history of physics is a long and extremely interesting one, littered with the names of some of the most famous scientist in the world, like Galileo, Newton, Copernicus, Einstein, Curie and others. It is also the story of great discoveries that changed cultures, religious beliefs and politics over the centuries. We talk to a science historian about a few of the highlights throughout the long history of physics and astronomy.

(At Central Jersey): Pre-recorded interview, (03/15/15) (30:00 minutes)

Moderator: Maggie Glynn

Guests: CEO Elizabeth Bloeggler with Literacy New Jersey

Subject: Literacy New Jersey helps thousands of Garden State residents each year with their reading, writing, math and English speaking skills. And they accomplish this with the help of dedicated volunteers. Maggie talks with CEO

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Elizabeth Gloeggler about their work throughout the state and how you can get involved.

(Viewpoints): Pre-recorded interview, (03/29/15) (10:00 minutes)
Moderator: Gary Price
Guests: Scott Rice, retired English professor from San Jose State University and founder of the annual Bulwer-Lytton Fiction Contest
Subject: Everyone knows the line "It was a dark and stormy night" from Snoopy's exploits as a budding novelist. But do you know the real author of that famous line, and why he has a literary competition named after him? We'll talk to the retired professor of English and contest creator about the famous aristocrat and author who lent his name to a quirky contest, and why he was a better writer than he's been given credit for. We'll also hear some of the winning entries from Bulwer-Lytton Contests.

EMPLOYMENT, BUSINESS AND ECONOMY

(At Central Jersey): Pre-recorded interview, (01/18/15) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Leslie Rempfer of NJ Education Foundation and Nancy Laird the 2014 Chair of the NJ Restaurant Association and the co-owner of Restaurant Serenade in Chatham, NJ
Subject: Student chefs from NJ and around the nation are vying for over \$700,000 in scholarship money to continue career training in the hospitality industry. Leslie Rempfer and Nancy Laird describe the intense competition as the chef's battle for a win in New Jersey to go on to the national competition. This year's Garden State ProStart is in Summit, NJ. The pair describes the dedication and talent of the high school chefs and the positive response from the New Jersey restaurant community. Nancy Laird also discusses how the recession has affected the restaurant industry In NJ and how business owners have adapted and restricted their restaurants to stay viable.

(Jennifer Lewis Hall): Pre-recorded interview, (01/18/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Jana Tidwell, Manager Public Relations and Government Affairs AAA Mid-Atlantic

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Subject: It's winter now but that doesn't mean people won't still be hitting the road, especially since gas prices have dropped significantly. So how long will this trend continue? Just how much are we saving? And, what are the trends we need to know as we hit the highways or take a road trip in the New Year. Tidwell gives information drivers need to know.

(Viewpoints): Pre-recorded interview, (01/18/15) (12:00 minutes)

Moderator: Marty Peterson

Guests: Robert Thompson, Prof. of Television and Popular Culture, the Newhouse School, Syracuse University; Dick Cavett, talk show host, actor, author of the book, "Brief Encounters: Conversations, magic moments, assorted hijinks."

Subject: Late night television has changed dramatically during the past year with younger hosts such as Jimmy Fallon, Seth Meyers, Stephens Colbert and James Corden taking over the helms of popular shows. Are these new hosts going to change late night in a substantial way? And if so, will they be changes for the better? We talk with a media professor and a former late night talk show star and author about the issue.

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

Moderator: Jennifer Lewis Hall (Part One)

Guests: Public Accountant Brian Greenberg

Subject: It's here...Tax Time! Yes, April 15th is the deadline for filing taxes. Are you ready? Join me for informative tips to make tax time a little easier with certified public accountant Brian Greenberg.

(Jennifer Lewis Hall): Pre-recorded interview, (02/15/15) (28:00 minutes)

Moderator: Jennifer Lewis Hall (Part Two)

Guests: Brian Greenberg

Subject: It's here...Tax Time! Yes, April 15th is the deadline for filing taxes. But, while you're busy getting your paper work together there are some things you need to know to protect yourself against scams. Join me for informative tips to make tax time a little easier and safer with certified public accountant Brian Greenberg.

(Viewpoints): Pre-recorded interview, (03/08/15) (9:00 minutes)

Moderator: Gary Price

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Guests: Bill Pasmore, Organizational Practice Leader at the Center for Creative Leadership, and Professor of Social Organizational Psychology at Columbia University, NYC; Adam Bryant, "The Corner Office" columnist for the New York Times, and author of the book, "Quick and Nimble: Lessons from Leading CEOs on how to creator a culture of innovation."

Subject: A number of high-profile companies have appointed new CEO's lately. What is it that makes one candidate better than another to lead a corporation and make it innovative and profitable? We talk to two management specialists about the characteristics of a good leader, what the CEO is responsible for , and what sets great CEO's apart from other business leaders.

(Radio Health Journal): Pre-recorded interview, (03/15/15) (12:00 minutes)

Moderator: Reed Pence

Guests: Dr. Gary Namie, Director, Workplace Bullying Institute; Meredith Fuller, psychologist and author, Working With Bitches; Identifying Eight Types of Office Mean Girls and How to Deal With Them

Subject: Studies estimate that at some point in their careers, 35 percent of workers will be bullied badly enough to affect their health. Experts discuss the reasons for workplace bullying, the outcomes , and some of the few ways to prevent it.

(Viewpoints): Pre-recorded interview, (03/15/15) (10:00 minutes)

Moderator: Marty Peterson

Guests: Dr. Frank Farley, psychologist, professor at Temple University in Philadelphia and a former president of the American Psychological Association; Al Primo, creator of the "Eyewitness News" format for television; producer of Teen Kids News and the recipient of and \Emmy, a Peabody Award and Edward R. Murrow Lifetime Achievement Award, among others.

Subject: A few weeks ago, veteran news anchor, Brian Williams, was suspended from his job on the Nightly News because he had embellished a story about his involvement in an event in the Iraq War. Did he purposely lie? Or could it have been a matter of misremembering"? We talk to a psychologist and a news veteran about the issue, how it can happen and what the future may hold for Williams.

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(Radio Health Journal): Pre-recorded interview, (03/22/15) (12:00 minutes)
Moderator: Reed Pence
Guests: Dr. Pamela Stone, Visiting Scholar, Stanford Univ. Clayman Institute for Gender Research, prof. of Sociology, Hunter College and the Graduate Center, City Univ. of New York, and author, Opting Out: Why Women Really Quit Careers and Head Home; Dr. Claudia Goldin, Prof. of Economics, Harvard Univ.
Subject: The US once led the world in proportion of women in the workplace, but that number has declined the last 15 years. Experts explain the social, economic, and governmental factors that are leading women to quit their jobs, often unwillingly, and stay home.

HEALTH AND PUBLIC SAFETY

(Jennifer Lewis Hall): Pre-recorded interview, (01/04/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Tia Hagins, community nutritionist at Robert Wood Johnson, Somerset.
Subject: Hagins is helping us stay and take a healthy approach to the New Year with quality tips on how to eat right and incorporate healthy food options into our diets in the New Year.

(Jennifer Lewis Hall): Pre-recorded interview, (01/11/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Jana Tidwell, Manager Public Relations and Government Affairs AAA Mid-Atlantic
Subject: This session is about "Steps to Make Your Car Winter Ready." Tidwell talks about what to do if your car is skidding on slick roads to the essentials that you need in an emergency car care kit.

(Jennifer Lewis Hall): Pre-recorded interview, (1/25/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall (Part One)
Guests: Dr. Jacqueline Hollywood, board certified in Cardiology at The Advanced Cardiology Institute, a division of Hackensack Medical Cardiovascular Partners
Subject: Health is of the utmost importance and the month of February is very special with a focus on heart disease-the leading cause of death for women and men. It's also that time of year when it's "Go Red For Women."

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(Radio Health Journal): Pre-recorded interview, (01/11/15) (12:00 minutes)
Moderator: Reed Pence
Guests: Amy Rosium Foley, Prof. of Music and Director of Bands, Minesota State Univ.; Lynne Krayer-Luke, professional flutists and licensed Andover Educator; Dr. George Shybut, Wellington Orthopedics and Sports Medicine, Cincinnati and Past President, Performing Arts medical Assn.; Julie Daugherty, physical therapist, American Ballet Theater.
Subject: Professional musicians often suffer from repetitive motion injuries, while dancers suffer athletic injuries. Both often “play hurt,” in part due to fear of losing position or income, or because they are more likely than most professions to have no health insurance. Experts discuss ways performers are recognizing the problem and seeking to treat and prevent workplace injuries.

(Radio Health Journal): Pre-recorded interview, (01/11/15) (12:00 minutes)
Moderator: Nancy Benson
Guests: Dr. Jeffrey Jensen Arnett, Prof. of Research Psychology, Clark Univ. and author, When Will My Up? Loving and Understanding Your Emerging Adult
Subject: It’s much more common today for 20-somethings to delay moving out of Mom and Dad’s house to start an independent life. An expert discusses the reasons for this trend, and emerging thought on whether this apparent new stage of life is normal.

(Radio Health Journal): Pre-recorded interview, (01/25/15) (13:00 minutes)
Moderator: Reed Pence
Guests: Dr. Rodney Willoughby, Prof. of Pediatrics, Medical College of Wisconsin and member. American Academy of Pediatrics Committee on Infectious Diseases; Dr. Susan Vandarpampil, Senior Member, Division of Population Sciences, Moffitt Cancer Center, Tampa, FL; Dr. Leah Smith, postdoctoral fellow, Queen’s Univ.; Dr. Linda Levesque, Asst. prof. of health Sciences, Queens Univ.
Subject: Human papilloma viruses are responsible for many cancers, especially cervical cancer and throat cancer. Vaccines exist for the major HPV’s that cause these cancers, yet relatively few eligible youths have gotten them. Experts discuss the toll of HPV and the reasons so many people avoid both vaccination and Pap tests that can detect cervical cancer early.

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(Radio Health Journal): Pre-recorded interview, (02/01/15) (11:00 minutes)
Moderator: Nancy Benson
Guests: Dr. Helmut Albrecht, Chief, Division of Infectious Diseases & Hollywood Gibbes Prof. of Internal Medicine, Univ. of South Carolina; Dr. William Schaffner, Prof. of Infectious Diseases, Vanderbilt Univ, School of Medicine
Subject: The 2014-2015 flu season started much earlier than normal and so far has been much more severe than usual. Experts explain how this year's mismatch occurred between the flu vaccine and the predominant strain of flu, and how people can protect themselves in spite of the ineffective vaccine.

(Viewpoints): Pre-recorded interview, (2/01/15) (10:00 minutes)
Moderator: Gary Price
Guests: Tom Somodi, CEO & President of the Change Science Institute; Chris Carosa Pres. of Carosa, Stanton Asset Management, author of Hey, What's My Number?
Subject: Many of us make resolutions on New Year's Day to lose weight, exercise more or maybe save more money. How are those going a month later? Most Americans don't keep resolutions after a few weeks. Why is that? We'll discuss strategies for planning and fulfilling that big change in your life?

(Jennifer Lewis Hall): Pre-recorded interview, (02/01/15) (30:00 minutes)
Moderator: Jennifer Lewis Hall (Part One)
Guests: Dr. Jacqueline Hollywood
Subject: Our health is of the utmost importance and this month of February is very special with a focus on heart disease, the leading cause of death for women and men. It's also that time of year when it's "Go Red For Women." Dr. Jacqueline talks about important warning signs, health tips, facts and figures.

(Radio Health Journal): Pre-recorded interview, (02/08/15) (7:00 minutes)
Moderator: Nancy Benson
Guests: Dr. Christopher Starr, Asst. Prof of Ophthalmology, Weil-Cornell Medical Center New York
Subject: Eye exams are looking for a lot more than just eye disease or how well you see. The eye is the window to the rest of our body's health, and many diseases can be spotted there first. An ophthalmologist explains.

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(At Central Jersey):

Moderator:

Guests:

Subject:

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

Maggie Glynn

Rocky Moretti, the Director of Policy and Research for TRIP, a national transportation research group

A tough winter has wreaked havoc on NJ roads. The recent closing of a local bridge and additional spans statewide are bringing to light the poor condition of some of the state's roadways. A recent report from a national transportation research group presents some startling statistics.

(At Central Jersey):

Moderator:

Guests:

Subject:

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

Maggie Glynn

Cyndi Steiner, the Executive Director of the New Jersey Bike & Walk Coalition

Cyclists and walkers in the Garden State are banding together to make it safer for everyone. There are success stories around New Jersey making the roadways better for cyclists, walkers, and motorists. Steiner talks about how New Jersey is in the top 5 states in the nation for pedestrian fatalities and that is spurring communities to focus on improvements. Also discussed is the 2015 NJ Bike & Walk Summit, Saturday, February 21, 2015 in New Brunswick, NJ.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (02/15/15) (6:00 minutes)

Nancy Benson

Dr. Brian Wansink, Director, Cornell Univ. Food and Brand Lab and author, Slim By Design: Mindless Eating Solutions for Everyday Life; Dr. Barbra Rolls, Prof of Nutritional Sciences Penn State Univ. and author., The Ultimate Volumetrics Diet: Smart, Simple Science-Based Strategies for Losing Weight and Keeping it off

People eat for reasons other than satisfying hunger, and those reasons play a great role in whether we eat too much or not. Experts discuss the role of the environment in our appetites and how we may use it to stay slim.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (02/22/15) (8:00 minutes)

Nancy Benson

Dr. David Linden, Prof. of Neuroscience, John Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart and Mind

The sense of touch is often taken lightly, yet it conveys more emotion than any other sense because it literally has a

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separate emotional wiring system. A neuroscientist explains the sense of touch, how it works, the power it has over everyday decisions, and what can happen when it's not working as it should.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (02/28/15) (29:00 minutes)

Jennifer Lewis Hall (Part One)

Barbra Ficarra, RN, BSN, MPA, founder of Helthin30.com

Spring is almost here and what better time than now to talk about healthy eating. Expert Barbra Ficarra, adds a twist to eating healthy, by telling us more about anti-aging and giving tips for women at every age to stay healthy. Men listen up too, because this also is helpful for anyone looking for some great tips on aging well.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/01/15) (11:00 minutes)

Reed Pence

Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Less Robison, Chair of Epidemiology and Cancer Control, St. Jude Children's Research Hospital and Assoc. Director, St. Jude Comprehensive Cancer Center; Keenan green cancer survivor.

Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later, how survivors can get treatment they need, and new ways of treatment can lessen late effects.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/01/15) (8:00 minutes)

Nancy Benson

Dr. Ronald Barr, Prof. of Pediatrics, Univ. of British Columbia and Fellow Canadian Institute for Advanced Research; Dr. Janet Krone Kennedy, clinical psychologist, founder, NYC Sleep Doctor and author, The Good Sleeper: The Essential Guide to Sleep For Your Baby and You.

New parents are often at wits' end when their baby won't sleep. Infants who won't sleep and cry inconsolably are also at major risk of being victims of shaken baby

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syndrome. Experts discuss the connection and ways babies can be more reliable sleepers.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/07/15) (28:00 minutes)

Jennifer Lewis Hall (Part Two)

Barbra Ficarra, RN, BSN, MPA, founder of Helthin30.com
Spring is almost here and what better time than now to talk about healthy eating. But, this task is always easier said than done. So expert Barbra Ficarra has some amazing tips for revitalizing your diet with just 8 simple "food flips." And, she's along with get this, "grannies recipes that work!"

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/08/15) (12:00 minutes)

Reed Pence

Dr. John Swartzberg, Clinical Prof. Emeritus, Univ. of California Berkeley School of Public Health; Cr. Williams Schaffner, Prof. of Preventive Medicine and Infectious Disease, Vanderbilt Univ.; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Univ. of Wisconsin
Measles is more widespread than it has been in years. The current measles outbreak in several states has prompted questions about the responsibility of parents to have their children immunized against vaccine-preventable diseases. Experts discuss this "social contract" cited by courts since colonial times, and why highly-contagious measles is a good test case for the rights and responsibilities of parents.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/15/15) (29:00 minutes)

Jennifer Lewis Hall

Mindy Gorman-Plutzer, Author

This edition of "Life Advice" is about what food can do for you versus what food will do to you. Mindy Gorman Plutzer author of "7 Steps to Stop Fearing What Food Will Do To You and Start Embracing What It Can Do For You" talks with Jennifer about "mindful" eating and more.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (03/15/15) (7:00 minutes)

Nancy Benson

Dr. Alexander Reyzelman, Assoc. Prof. of Medicine, California School of Podiatric Medicine and Co-Director, Limb Preservation Center, Univ. of California San Francisco; Vicki Fischenich, geriatric nurse-practitioner and Director, Clinical Affairs, Osnovative Systems.

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Subject: Hospitals and clinics often have to stock a huge variety of bandages and dressings to address the moisture needs of different kinds of wounds. Now a High-tech “smart dressing” can replace them. It absorbs moisture when necessary but can also supply the right amount of moisture in places where it’s needed.

(Viewpoints): Pre-recorded interview, (03/22/15) (7:00 minutes)

Moderator: Marty Peterson

Guests: Cat Warren, cadaver dog owner and trainer, author of the book, “What the Dog Knows: Scent, science and the mazing ways dogs perceive the world.”

Subject: Search dogs will follow a scent for miles and even put their lives in danger looking for survivors of mudslides and building collapses. How do they do it, and why? We talk to a search dog owner and trainer about these amazing animals, the physiology that helps them hone in on a single scent, and why they will work for hours in horrid conditions for their handlers.

(At Central Jersey): Pre-recorded interview, (03/29/15) (30:00 minutes)

Moderator: Maggie Glynn

Guests: Executive Director Glenn Jenkins of the Embrace Kids Foundation and Darcy Reynolds a student leader of the Rutgers Dance Marathon.

Subject: The Embrace Kids Foundation in New Brunswick helps kids suffering with catastrophic illness and their families with emotional and financial support. The RU community has raised millions of dollars for the foundation through the Rutgers Dance Marathon. Maggie talks about the partnership and the work of the Embrace Kids Foundation with her guests,

(At Central Jersey): Pre-recorded interview, (04/05/15) (30:00 minutes)

Moderator: Maggie Glynn

Guests: Tracy Noble, Manager Public & Government Affairs for AAA Mid-Atlantic Region and Sergeant Christopher Rokicki from the Somerset County Prosecutors Office

Subject: Distracted driving is the #1 killer of our teenagers. And a new report by the AAA Foundation for Traffic Safety shows distracted driving contributes to 58% of auto crashes involving teenagers. Maggie talks to her guest about the

AAA report and what's being done locally about the problem.

MENTAL HEALTH AND PERSONAL EMPOWERMENT

- (Radio Health Journal): Pre-recorded interview, (01/18/15) (12:00 minutes)
Moderator: Reed Pence
Guests: Dr., Brett Litz, clinical psychologist, VA Boston healthcare System and Director, Mental Health Core, Massachusetts Veterans Epidemiological Research & Information Center; Dr. William Nash. co-editor, *Combat Stress Injury: Theory, Research & Management* and independent consultant, Boston VA Research institute
Subject: The military is beginning to recognize a new category of emotional and spiritual injury in war--moral injury, a result of committing or witnessing an event such as an atrocity that violate deeply held ethical beliefs. Experts discuss evolution of the concept, how moral injury occurs, and what psychologists are doing to prevent and treat it when it occurs.
- (Radio Health Journal): Pre-recorded interview, (01/18/15) (12:00 minutes)
Moderator: Nancy Benson
Guests: Jeremy Dean, psychologist and author, Making Habits, Breaking Habits: Why We Do Things, Why We Don't , and How to Make Any Change Stick
Subject: The New Year is a time for people to stop bad habits and start new, good routines. An expert discusses the psychology habits and how people can be more successful in changing their lives for the better.
- (Viewpoints): Pre-recorded interview, (01/18/15) (12:00 minutes)
Moderator: Gary Price
Guests: Trent Angers, Co-editor with Coach Dale Brown, of "Getting over the Four Hurdles of Life," Kim Kircher, member of ski patrol at Crystal Mountain resort, WA author of the book. "The Next 15 Minutes: Strength from the top of the mountain
Subject: We've all heard stories about people who overcome tremendous odds and end up becoming a success. Or they're faced with a serious illness, but they manage to come through it healthier and happier. How do they do it? We talk to two people who have experience with adversity

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about what it takes to make it through the dark and seemingly hopeless times in life.

(Viewpoints): Pre-recorded interview, (02/01/15) (11:00 minutes)
Moderator: Marty Peterson
Guests: Dr. Michio Kaku, physicist, professor of theoretical physics City College and City University of New York, co-founder of string theory, and author of The Future of the Mind: The scientific quest to understand, enhance and empower the mind.
Subject: It's amazing that in the 21st century, science knows so much about all of the organs of the body save one: the brain. We talk to a scientist and author about the unbelievable abilities of the brain, how memories help us predict the future, where dreams are located, how brain injury can sometimes make someone a genius and how research into brain function is opening up new areas of understanding the mind and its possibilities.

(Viewpoints): Pre-recorded interview, (02/22/15) (11:00 minutes)
Moderator: Gary Price
Guests: Dana Caspersen, mediator, teacher and author of, "Changing the Conversation: The 17 principles of conflict resolution." Dr. Judith Wright, author, coach, corporate consultant and founder of the Wright Graduate University for Realization of Human Potential, where she also teaches.
Subject: Conflict is part of life, but it doesn't have to be a negative experience. We talk to two experts on conflict about how to make disagreements with a spouse or other family member, or with colleagues at work a positive and productive learning experience.

(Viewpoints): Pre-recorded interview, (03/01/15) (12:00 minutes)
Moderator: Marty Peterson
Guests: Ryan Lalumiere, psychologist, Assistant Prof. in the Psychology Dept., University of Iowa, and specialist on addiction; Bob Allison, recovering addict, author of "Saved by the Prince of Peace: Dungeon to Sky."
Subject: Millions of Americans are addicted to alcohol and drugs, and many of them end up unemployed, broken away from their families and homeless. We talk to a psychologist about the causes of addiction, and why some people are more likely to fall to it than others, and find out how an

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author who is battling alcohol and drug addiction made his journey to sobriety, and the lessons he learned on the way.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/08/15) (7:00 minutes)

Reed Pence

Dr. Eric Finzi, dermatologic surgeon, Washington. DC and author, *The Face of Emotion: How Botox Affects Mood and Relationships*

Many people are familiar with the use of Botox to reduce wrinkles and frown lines. But Botox can also be used to reduce the effects of depression. One of the principal researches on this subject explains.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/15/15) (10:00 minutes)

Gary Price

Peg Streep writes non-fiction, is a blogger at Psychology Today.com and the author of the book, "Quitting: Why we fear it, and why we shouldn't, in life, love and work," now out in paperback

Many people remain in bad situations because they are afraid to quit, but they shouldn't. Our guest says that if you take the time to carefully plan just how and when you'll walk out the door, it's easier to deal with anxiety, fear and depression that can follow such a big decision. We'll hear about steps anyone can take, and those they shouldn't, when it's time to quit and move on.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/29/15) (11:00 minutes)

Marty Peterson

David Gellas, business reporter, NYTimes, author of "Mindful Work : How meditation is changing business from the inside out." Allan Lokos, founding and guiding teacher of the Community Meditation Center in NYC, author of "Through the Flames: Overcoming disaster through compassion, patience and determination

We're always hearing about how everyone is stressed these days, that we have too much to do and too many people asking for a moment, or more, of our time. What can we do to keep our bosses happy, our clients needs fulfilled and ourselves from pulling out our hair? We talk to two men who have found that meditating can help workers become more productive, less stressed and happier overall.

(Radio Health Journal):

Pre-recorded interview, (03/29/15) (8:00 minutes)

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Moderator: Nancy Benson
Guests: Scott Stossel, editor, Atlantic magazine and author, My Age of Anxiety: Fear, hope, Dread and the Search for Peace of Mind
Subject: Anxiety is normal but too much can be crippling; An author and anxiety sufferer discusses the nature of crippling anxiety and what people can do about it.

RELATIONSHIPS

(Radio Health Journal): Pre-recorded interview, (02/01/15) (11:00 minutes)
Moderator: Reed Pence
Guests: Ken Page, psychotherapist in private practice, blogger on Psychology Today and author, Deeper Dating: How to Drop the Games of Seduction and Discover the Power of Intimacy
Subject: For the first time in history, today more than half of American adults are single. Many are still looking for love—more than 40 million are members of online dating sites, which have their busiest time of the year between now and Valentine’s Day. A noted psychologist explains research showing most users have exactly the wrong approach when seeking a good match online, and discusses how they can better their odds of finding true love.

(Radio Health Journal): Pre-recorded interview, (02/22/15) (12:00 minutes)
Moderator: Reed Pence
Guests: Beth Apone Salamon, Director of Communications, School of Social Work, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, One and Only: The Freedom of Having an Only Child and the Joy and the Joy of Being one; Dr. Susan Newman, psychologist, contributor to Psychology Today magazine and author, Parenting an Only Child
Subject: Only children have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Experts refute the myths about only children and discuss how parents can help children navigate life with no siblings.

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GOVERNMENT AND POLITICS

(Viewpoints): Pre-recorded interview, (02/15/15) (11:00 minutes)
Moderator: Marty Peterson
Guests: Jerald Podair, prof. of history and American studies at Lawrence University. Appleton, WI; Julia Rothman, co-author of "The Who, the What and the Where; 65 artist illustrate the secret sidekicks of history"
Subject: The next presidential campaigns are gearing up and GOP and Democratic hopefuls are already testing the waters more than 18 months before the elections. The people you see in front of the cameras and in the headlines is only part of the story, though. Behind the scenes are men and women who support the candidates in very important ways. We'll hear about a few of these hardworking "sidekicks" who served some of our modern presidents, and even about one who made George Washington smile!

(At Central Jersey): Pre-recorded interview, (03/01/15) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Lisa Flick Site Director of the Rockingham Historic Site in Kingston, New Jersey
Subject: Our first president, George Washington wrote his important Farewell to the Armies of the US right here in Central New Jersey. This document made clear his intentions to retire from military service. He was not interested in becoming "King George." It was an important transfer of power in our young democracy. Washington's farewell is held at The Rockingham Historic Site in Kingston NJ. Lisa Flick outlines the history of Rockingham and the tours and events open to the public.

COMMUNITY AND SOCIETY

(At Central Jersey): Pre-recorded interview, (1/04/15) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Dr. Paul Israel, the Director of the Thomas Edison Papers Project at Rutgers University
Subject: Thomas Edison lit up the darkness at Menlo Park during the Christmas Season of 1880. It was so amazing; the railroad had to put on extra service for all the folks flocking to the country to see the display. Maggie Glynn talks with Dr. Paul about Thomas Edison, His most creative time at Menlo Park, NJ and the work of gathering this inventor

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entrepreneur's five million pages of documents to make Edison's work more accessible to the public. The discussion also focuses on Edison's "Invention Factory," an early model for today's computer industry.

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/11/15) (30:00 minutes)

Maggie Glynn

Author David Steinberg

Glynn talks with David Steinberg about his book "Hiking the Road to Ruins: Day Trips and Camping Adventures to Iron Mines, Old Military Sites, and Things Abandoned in the NYC Area and Beyond." This show is designed to get people out exploring sites in the New Jersey/Metropolitan area and entice the public to get to want to discover more about the history surrounding them. Part of the program focuses on abandoned mines, many dating back to the pre-Revolutionary times that tell the tale of early industry in the US.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (01/11/15) (12:00 minutes)

Gary Price

Dr. Gregory Stock, bioethicist, author of "The Book of Questions"

We all want answers to the complicated questions in life, but sometimes just asking the questions are enough to make us think deeply about our lives and our world. We talk to a man who has made a living asking questions that sometimes have no hard fast answers, or where the resolution changes depending upon or age or circumstances. He tells us how the process of coming to an answer is often more important than any one answer itself.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (01/25/15) (10:00 minutes)

Gary Price

Aasif Mondvi, actor award-winning playwright, cast member on Comedy Central's "The Daily Show with Jon Stewart," and author of the book. "No Land;s Man," Megan Amram, comedian, writer on NBC's comedy "Parks and Recreation," and author of "Science...for Her!"

Sometimes talking about serious subjects, even with friends and family, can cause arguments and bad feelings. But just as Mary Poppins said "...a spoonful of sugar makes the medicine go down," humor can make the discussion of serious subjects go down easier. Our guests are two very

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talented and funny people who use humor, satire and irony to make their points about women in science, and the immigrant's experience.

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (01/25/15) (10:00 minutes)

Marty Peterson

Patricia Greenfield, Distinguished Prof. of Psychology, UCLA of the Children's Digital Media Center, Los Angeles, CA; Susan Pinker, psychologist, journalist, author of "The Village Effect : How face-to-face contact can make us healthier, happier and smarter"

Subject:

Kids are always on their phones, tablets or computers, even when they're sitting across from one another at the lunch table! Does communicating via screens hurt kids? We talk to two researchers who found that too much screen time at the cost of face-to-face communication could decrease ability to recognize emotions, and possibly even shorten our lives.

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (02/15/15) (10:00 minutes)

Gary Price

Chris Tomlinson, journalist, author of "Tomlinson Hill: The remarkable story of two families who share the Tomlinson name-one white, one black"

Subject:

Researching your ancestors is popular these days. It can be exciting if your ancestors were famous or if they had some connection to a historical event. However, it can be painful if your family played a part in one of the darker periods in our history, such as slavery. We talk to a man whose family held slaves and hear how he went back in history and to his family's home town to confront his past, to meet the relatives of those slaves, and find out what life was like then and now for the two Tomlinson families.

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (03/08/15) (11:00 minutes)

Marty Peterson

Brian Christian, author of "The Most Human Human: What talking with computers teaches us about what it means to be alive."

Subject:

The Academy Award-nominated film, "The Imitation Game" brought to light the contributions of Alan Turing in breaking Enigma code during WWII. Throughout his career, he thought that maybe we could build a computer that could think like a human. But could even the best tech

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whizzes of today build a machine that could not only think but also converse like a human? We talk to a man who researched that issue and even competed in a contest to prove he was human, and find out what it takes for chatbots to beat humans at their own games.

(At Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/08/15) (30:00 minutes)

Maggie Glynn

GSFF Executive Director and Founder Diane Raver and two Central Jersey residents Quinn Shepard, the winner of the GSFF Rising Star Award and high school screenwriter Molly Babos whose film was picked for the festival.

The film industry started right here in NJ at Thomas Edison's Lab in West Orange. The tradition continues with outstanding film festivals throughout the year. March 19-22nd visit Atlantic City for the 13th Annual Garden State Film Festival. Maggie talks with three women in film about the festival.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/22/15) (29:00 minutes)

Jennifer Lewis Hall

Alan Lokos, Author

This edition of "Life Advice" the author of an engrossing and inspiring memoir of survival shares his story about surviving a horrific plane crash after being trapped in the burning wreckage of a plane on Christmas Day 2012.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/22/15) (8:00 minutes)

Nancy Benson

Jared Diamond. Author, The World Until Yesterday: What Can We Learn from Traditional Societies?

An expert discusses his study of traditional native societies, which shows how human genetics have not adapted to change.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/22/15) (13:00 minutes)

Gary Price

Stephen Kurkjian, journalist and author of the book, "Master Thieves: The Boston gangsters who pulled off the world's greatest art heist," Jane C.H. Jacob, art consultant, president of Jacob Fine Art, Oak Park, IL; Scot Diament, president & CEO of the Palm Beach Show Group.

This year marks the 25th anniversary of the Gardner Museum heist of millions of dollars in paintings by

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Rembrandt, Vermeer and others. Nobody knows who took the paintings, but our guest has a theory. We also talk to an expert and an art show coordinator about what happens to stolen art, how art is determined to be genuine, and how to avoid scams if you're buying or selling art and antiques.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (03/29/15) (11:00 minutes)

Reed Pence

Dr. Psyche Loui, Asst. Prof. of Psychology and Neuroscience, Wesleyan Univ.; Dr. Dominique Vuvan, post-doctoral fellow, International Laboratory for Brain, Music and Sound Research; Dr. Steven Demoreset, Prof. of Music Education, Northwestern Univ.

Subject:

Millions of people can't carry a tune when they sing and believe they're tone deaf. However, most simply have trouble matching tones when they sing and would benefit from more practice. To the truly tone deaf person, all pitches sound alike. No amount of practice would help. Experts discuss the concept and offer hope to the karaoke-challenged.

(Jennifer Lewis Hall):

Moderator:

Guests:

Pre-recorded interview, (03/29/15) (29:00 minutes)

Jennifer Lewis Hall

Executive Chef extraordinaire Janet Davis of JADE Jamaican Grill

Subject:

On this edition of "Life Advice" get ready to spring into the season with fresh fruits and vegetables. It's all about what's in season, how you pick them and how you prepare them.

ENVIRONMENT

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (01/11/15) (12:00 minutes)

Gary Price

Kathryn Miles, journalist and author of "Super Storm: Nine days inside Hurricane Sandy."

Subject:

Super Storm Sandy was a devastating event that caused death, destruction and billions of dollars in property damage in its wake. One fact that was brought out during the onslaught of that huge hurricane was the need to update our nation's weather forecasting and emergency management systems. We talk to a journalist and author who conducted research on the storm, the systems that tracked it and found out how our weather forecasting,

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tracking and evacuation protocols and equipment need to be modernized to deal with the extreme weather that climate change will bring us in the future.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (02/15/15) (13:00 minutes)

Reed Pence

Dr. Jack Gilbert, Group Leader, Microbial Ecology, Agonne National Laboratory; Dr. Rob Knight, Prof. of Pediatrics and Computer Science & Engineering, Univ. of California, San Diego

Subject:

Scientist are learning that the bacteria living inside us, most notably in the intestines, influence our bodies far more than previously suspected. Our microbiome influences many other organs, particularly the liver, brain and the immune system. Different, mixes of these bacteria may account for a great deal of variability among people, particularly in our weight. Two researches explain.

WMGQ broadcasts approximately 350 Public Service Announcements each month. Below is a **sample** of organizations that WMGQ aired PSA's for this quarter:

Public Service Announcements

Benefit concert on Sunday March 15th at 2PM at The Highland Park Senior Center on South 6th Ave. The performance is a benefit for the Highland Park P.B.A.

Best Friend Dog and Animal Adoption, Inc. is having their 8th annual Pawsta Dinner, Sunday March 22, 2015 at American Legion Post No. 5.