



TODAY'S HITS. YESTERDAY'S FAVORITES.

QUARTERLY PROGRAMMING LIST

4th Quarter October, November, December 2017

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 – 8:00 am

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.

RADIO HEALTH JOURNAL – SHOW DETAILS 4th QUARTER 2017

Program # 17-40 – Airdate 10/1 – Runtime: 28 minutes

Topics: Segment 1 - A Possible Treatment for Fetal Alcohol Syndrome?

Segment 2 – Fertility Rate Declines

Synopsis: Parents of children with fetal alcohol syndrome & Dr. Eva Redei discussed finding a cure for fetal alcohol spectrum disorder. Guest Richard Jackson discussed fertility and the reduction of birth rates across the US.

Compliance Issues Covered: Parenting Issues, Alcohol Abuse, Developmental Abuse, Pregnancy

Program # 17-41 – Airdate 10/8 – Runtime: 28 minutes

Topics: Segment 1 – Undocumented Immigrants Skipping Healthcare

Segment 2 – Pica: A Strange “Eat Anything” Disorder

Synopsis: Guest Dr. Evan Ashkin discussed immigrants who skip medical attention due to fear of deportation. Guest Dr. Sera Young discussed the mysterious disorder that prompts people to eat non-food items.

Compliance Issues Covered: Immigration, Health Care, Federal Government, Public Health

Program # 17-42 – Airdate 10/15 – Runtime: 28 minutes

Topics: Segment 1 – Why The Opposition To Later School Start Times

Segment 2 – Cancer & Beauty

Synopsis: Guests Dr. Wendy Troxel discussed sleep deprived students, and the pros & cons of later school start times. Guests Caitlin Keirnan discussed how Cancer impacts a woman’s appearance.

Compliance Issues Covered: Education, Economics, Women’s Issues, and Health Care

Program # 17-43 – Airdate 10/22 – Runtime: 28 minutes

Topics: Segment 1 – The Biology of Addiction

Segment 2 – Preparing For Disaster

Synopsis: Guest Dr. Rita Goldstein discussed the stigma of addictions, and the workings of the brain while addicted to a substance. Guests Jonathan and Kylene Jones discussed how to prepare for disaster.

Compliance Issues Covered: Natural Disasters, Emergency Preparedness, Public Safety, Addiction Treatment

Program # 17-44 – Airdate 10/29- Runtime: 28 minutes

Topics: Segment 1 – Including Females in Basic Research

Segment 2 – Exploding Head Syndrome

Synopsis: Guest Dr. Teresa Woodruff discussed why only about a third of research subjects in clinical studies are women. Guest Walter Michka discussed a sleep disorder called “exploding head syndrome” that keeps 10 percent of the population awake.

Compliance Issues Covered: Gender Issues, Health Care, Economics

Program # 17-45 – Airdate 11/5- Runtime: 28 minutes

Topics: Segment 1 – More Carbon Dioxide, Less Nutritious Food Crops

Segment 2 – Body Dysmorphic Disorder

Synopsis: Guest Dr. Sam Myers discussed how carbon dioxide is accelerating crop growth.

Guest Dr. Elliot Hirsch discussed the relationship between plastic surgery and mental health.

Compliance Issues Covered: Mental Illness, Health Care, Climate Change, Environment

Program # 17-46 – Airdate 11/12- Runtime: 28 minutes

Topics: Segment 1 – Handshake Bans & Hand Washing

Segment 2 – Big Chicken

Synopsis: Guest Dr. Mark Sklansky discussed human connection, and the spreading of germs.

Guest Maryn Mc Kenna discussed the industrialization of poultry farming.

Compliance Issues Covered: Public Health, Environment, Economics

Program # 17-47 – Airdate 11/19 – Runtime: 28 minutes

Topics: Segment 1 – Navigating the Aging Process

Segment 2 – Helpful Lies

Synopsis: Guest Melanie Merriman discussed finances, housing, and other concerns regarding aging.

Guest Matthew Lupoli discussed the connection between telling lies, and being polite.

Compliance Issues Covered: Economics, Health, Health Care

Program # 17-48 – Airdate 11/26 – Runtime: 28 minutes

Topics: Segment 1 – Alzheimer’s, Spouses, and Close Friends

Segment 2 – Childhood Trauma, Later Disease

Synopsis: Guest Dr. William Uffner discussed supporting the caregivers of Alzheimer’s patients. Guest Donna Jackson Nakazawa discussed her book Childhood Disrupted: How Your Biography Becomes Your Biology.

Compliance Issues Covered: Mental Health, Child Abuse, Health Care

Program # 17-49 – Airdate 12/03 – Runtime: 28 minutes

Topics: Segment 1 – Human Trafficking: Slavery by Another Name

Segment 2 – Pancreatic Cancer

Synopsis: Guest Melysa Sperber discussed why low-wage foreigners are at risk of being intimidated into forced labor. Guest Jim Rolfe discussed the importance of pancreatic cancer screenings, and improving patient survival rates.

Compliance Issues Covered: Health Care, Public Health, Crime, Immigration, Economics

Program # 17-50 – Airdate 12/10 – Runtime: 28 minutes

Topics: Segment 1 – Mental Health Treatment For Children

Segment 2 – Seasonal Affective Disorder & The Holidays

Synopsis: Guest: Dr. Jeanne Van Cleve discussed the shortage in pediatric mental health care providers, and making sure children are properly diagnosed. Guest Dr. Nicolas Forand discussed the chemical changes in the brain caused by decreased exposure to sunlight.

Compliance Issues Covered: Mental Illness, Health Care, Education, Health Care

Program # 17-51 – Airdate 12/17 – Runtime: 28 minutes

Topics: Segment 1 – Staying Calm in Stressful Times

Segment 2 – Hiccups

Synopsis: Guest Dr. Richard Davidson discussed the importance of meditation, and mindfulness during trying times. Guest Dr. Tyler Cymet discussed home remedies that cure hiccups.

Compliance Issues Covered: Pop Culture, Health Care, Modern Culture

Program # 17-52 – Airdate 12/24 – Runtime: 28 minutes

Topics: Segment 1 – Long Term Psychological Damage of Natural Disasters

Segment 2 – Broken Heart Syndrome

Synopsis: Dr. Howard Osofsky discussed the psychological scars that disrupt countless lives during hurricane season. Dr. Tracy Stevens discussed “stress cardiomyopathy”, the conformation that one can die from a broken heart.

Compliance Issues Covered: Environment, Mental Health, Health Care, Pop Culture, Drug Abuse

Program # 17-53 – Airdate 12/31 – Runtime: 28 minutes

Topics: Segment 1 – Polycystic Ovary Syndrome

Segment 2 – Dreams vs. Reality For Children in Poverty

Synopsis: Guest Dr. Felice Gersh discussed what we should know about the troubling disorder affecting 10% of all women. Dr. Irwin Redlener discussed the lack of access to healthcare for poor children.

Compliance Issues Covered: Health Care, Poverty, Women’s Health, Public Health

VIEWPOINTS – SHOW DETAILS 4th QUARTER 2017

Program # 17-40 – Airdate 10/1 – Runtime: 28 minutes

Topics: Segment 1 – Unconventional Vacation Destinations

Segment 2 – Non-Traditional Students

Segment 3 – Culture Crash: Peak TV & the Battle for Streaming Supremacy

Synopsis: Guest Dylan Thuras discussed fun & unique travel destinations. Guest Mike Rose discussed accommodating adult & middle aged college students earning a degree later in life.

Compliance Issues Covered: Culture, Art, Geography, Education, Student Issues

Program # 17-41 – Airdate 10/8 – Runtime: 28 minutes

Topics: Segment 1 – Mythology and Fairy Tales, Good & Evil

Segment 2 – Bats: Their value & their endangerment

Segment 3 – Culture Crash: Netflix’s Mindhunter: a new psychological thriller.

Synopsis: Guest Soman Chainani discussed course correcting the lessons taught to children in past storytelling. Guest Jodi Sedlock the environmental benefits of bats.

Compliance Issues Covered: Nature, Education, Art, Animals

Program # 17-42 – Airdate 10/15 – Runtime: 28 minutes

Topics: Segment 1 – The Vital Role of Pre-Kindergarten

Segment 2 – The Appeal of Time Travel Stories

Segment 3 – Culture Crash: James Cameron’s Avatar Franchise & the Billion Dollar Question

Synopsis: Guest Dr. Sharon Bouffard discussed how to spot a good educational program, and the importance of pre-k schooling. Guest Dr. Travis Langley discussed the public’s fascination with time travel stories.

Compliance Issues Covered: Pop Culture, Education, Art, Parenting, Literature

Program # 17-43 – Airdate 10/22 – Runtime: 28 minutes

Topics: Segment 1 – Memory Loss & Alzheimer’s Disease

Segment 2 – Narcissism: The manipulative, selfish disorder

Segment 3 – Culture Crash: Blade Runner 2049 – An Inside Look at the Sequel

Synopsis: Guest Martha Weinman Lear discussed memory loss prevention, the signs of Alzheimer 's disease. Guest Dr. Linda Martinez-Lewi discussed the personality traits of a narcissist.

Compliance Issues Covered: Mental Health, Disease, Art, Culture, Film

Program # 17-44 – Airdate 10/29 – Runtime: 28 minutes

Topics: Segment 1 – Stutters, Stammers, and Vocal Blunders

Segment 2 – American Borders: How our states got their shapes

Segment 3 – Culture Crash: Obsessive Compulsive Disorder & “Turtles All The Way Down”

Synopsis: Guest Michael Erard discussed the nerves that come with public speaking, and where vocal blunders come from. Guest Marty Peterson discussed making sense of U.S. state borders.

Compliance Issues Covered: Geography, History, Public Speaking, Science

Program # 17-45 – Airdate 11/5 – Runtime: 28 minutes

Topics: Segment 1 – Bumper Sticker Philosophy

Segment 2 – Gardening Differently

Segment 3 – Culture Crash: The Stretch Run of 2017 in Film

Synopsis: Guest Jack Bowen discussed the deeper meanings behind popular bumper sticker. Guest Benjamin Vogt discussed reconnecting humans with nature, and cultivating a better environment.

Compliance Issues Covered: Film, Culture, Nature, Transportation, Politics

Program # 17-46 – Airdate 11/12 – Runtime: 28 minutes

Topics: Segment 1 – Learning Math Simpler

Segment 2 – Sleeping Soundly: How Quality Sleep Enhances Health

Segment 3 – Culture Crash: Chicago's Own Chance The Rapper

Synopsis: Guest Bob Sun discussed how to help adults & kids struggling to master mathematics. Guest Matthew Walker discussed how quality sleep can help physical and mental health.

Compliance Issues Covered: Science, Music, Health, Education

Program # 17-47 – Airdate 11/19 – Runtime: 28 minutes

Topics: Segment 1 – Terrorism in America, 1920

Segment 2 – Developing Forensic Technology

Segment 3 – Culture Crash: Hollywood's Sexual Assault Scandals

Synopsis: Guest Jed Rubenfeld discussed the 1920 attack on New York City. Guest Lee Reiber discussed new software that helps police find, and convict the right criminals.

Compliance Issues Covered: Hollywood, Sexual Assault, Law Enforcement, History, Terrorism

Program # 17-48 – Airdate 11/26 – Runtime: 28 minutes

Topics: Segment 1 – Giving Back This Holiday Season

Segment 2 – W.E.B. Du Bois's Lasting Impact in Sociology

Segment 3 – Culture Crash: Greta Gerwig's Fantastic Film Lady Bird

Synopsis: Guest Sarah Linden discussed teaching kids how to give back through games, and literature. Guest Aldon Morris discussed how Du Bois revolutionized scientific sociology, but was denied accolades due to race.

Compliance Issues Covered: Parenting, Charity, History, Film

Program # 17-49 – Airdate 12/3 – Runtime: 28 minutes

Topics: Segment 1 – Making an Impact as a Citizen Scientist

Segment 2 – Author Jack London’s Writings & Social Activism

Segment 3 – Culture Crash: The Simpson’s Apu Problem

Synopsis: Guest Mary Ellen Hannibal discussed how citizen scientists, not scientists by trade have made some of the biggest discoveries in history. Guest Cecelia Tichi discussed his book Jack London: A writer’s fight for a better America.

Compliance Issues Covered: Racism, Literature, Science, Humanity

Program # 17-50 – Airdate 12/10 – Runtime: 28 minutes

Topics: Segment 1 – The Role of a Literary Editor

Segment 2 – Being the Newcomer: How to navigate new situations

Segment 3 – Culture Crash: Christmas Music

Synopsis: Guest Peter Ginna discussed how to get a book from manuscript to book store shelves. Guest Keith Rollag discussed how to handle being the new person at the office, in the neighborhood, or at a party.

Compliance Issues Covered: Sociology, Music, Holidays, Literature

Program # 17-51 – Airdate 12/17 – Runtime: 28 minutes

Topics: Segment 1 – America’s Diner Waitresses

Segment 2 – Creating Great Teams with Diverse Thought

Segment 3 – Culture Crash: 2017’s “Little” Horror Movies

Synopsis: Guest Candacy Taylor discussed diners being an American staple, and the culture behind the waitressing career. Guest Scott Page discussed how cognitive diversity improves the workplace, and society.

Compliance Issues Covered: Business, Culture, Film

Program # 17-52 – Airdate 12/24 – Runtime: 28 minutes

Topics: Segment 1 – Hitting the Off Switch: Going offline in a digital age

Segment 2 – America’s Pearl Harbor Christmas

Segment 3 – Culture Crash: Black Mirror – Netflix creates The Twilight Zone for the digital age.

Synopsis: Guest Christina Crook discussed her experiences during a 31-day internet fast. Guest Stanley Weintraub discussed how the attack on Pearl Harbor dragged America into World War II during Christmas in 1941.

Compliance Issues Covered: History, War, Television, Technology, Internet

Program # 17-53 – Airdate 12/31 – Runtime: 28 minutes

Topics: Segment 1 – Making Your New Year’s Resolution Stick

Segment 2 – Staying In and Ringing in the New Year

Segment 3 – Culture Crash: Dark – Netflix’s new binge-worthy series.

Synopsis: Guest MJ Ryan discussed how to create habit-forming changes that last. Guest Tim Federle discussed how to make New Year’s Eve special without spending a fortune.

Compliance Issues Covered: Holidays, Cooking, Mental Health, Media

LIFE ADVICE WITH JENNIFER LEWIS HALL – SHOW DETAILS 4th QUARTER 2017

Show # 461 – Airdate 10/15 – Runtime: 24 minutes

Topic: Protecting Yourself From Hackers

Synopsis: Communications Expert Desiree Peterkin Bell discussed the importance of antivirus software, building a strong firewall, and password security.

Compliance Issues Covered: Technology, Education, Computer Literacy

Show # 462 – Airdate 10/22 – Runtime: 24 minutes

Topic: What to do When Your Account is Breached

Synopsis: Crisis Communications Expert Desiree Peterkin Bell discussed the key steps to take if your account has been breached.

Compliance Issues Covered: Technology, Education, Finance

Show # 463 – Airdate 10/29 – Runtime: 24 minutes

Topic: Identity Theft – How to Handle It and What to Do

Synopsis: Crisis Communications Expert Desiree Peterkin Bell discussed tips on how to handle identity theft, and protecting your credit score.

Compliance Issues Covered: Technology, Education, Finance

Show # 464 – Airdate 11/26 – Runtime: 20 minutes

Topic: How to Navigate the Holidays Without Breaking Your Budget

Synopsis: Executive Chef & CEO of JADE, Janet Davis discussed purchasing affordable foods, and creating a budget that one can stick to.

Compliance Issues Covered: Diet, Health, Economy

Show # 465 – Airdate 12/3 – Runtime 20 minutes

Topic: Top 5 Tips For Finding The Best Bargains

Synopsis: Executive Chef & CEO of JADE, Janet Davis discussed seasonal grocery shopping, DIY projects, and finding amazing sales.

Compliance Issues Covered: Diet, Health, Economy

Show # 466 – Airdate 12/10 – Runtime 23 minutes

Topic: Top 5 Tips For Shopping Online For The Holidays

Synopsis: Synopsis: Executive Chef & CEO of JADE, Janet Davis discussed safe guarding online purchases, and surfing the web for discounts.

Compliance Issues Covered: Health, Economy, Technology