



TODAY'S HITS. YESTERDAY'S FAVORITES.

QUARTERLY PROGRAMMING LIST

3RD Quarter – July, August, September 2016

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

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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 2016

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

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EDUCATION

(@ Central Jersey with Maggie Glynn): STEM Initiative (8/14/16) (20:00 minutes)

Moderator: Maggie Glynn

Guests: Bill Kroth, the President and Executive Director of the Sterling Hill Mining Museum in Ogdensburg, NJ

Subject: It's the dog days of summer, a long stretch of very hot days in the Garden State. Maggie Glynn combines cooling off with an educational science adventure to support the **STEM initiative** in New Jersey's schools. Maggie interviews Bill Kroth, the President and Executive Director of the Sterling Hill Mining Museum in Ogdensburg, NJ. Part of the visit to this New Jersey mine includes an underground tour where it's always a temperate 56-degrees, checking out the known worldwide collection of fluorescent minerals that are found only in New Jersey, and an additional outstanding collection of fossils, gemstones and an astronomical observatory.

(Viewpoints): Women's History and Equality Day, (08/28/16) (10:00 minutes)

Moderator: Maggie Glynn

Guests: Molly Murphy MacGregor, the Executive Director and Co-Founder of the National Women's History Project

Subject: Women's Equality Day, the day women got the right to vote in the United States is highlighted in this program. Maggie Glynn discusses the long fight to get women the vote and other important women's history issues with Molly Murphy MacGregor, the Executive Director and Co-Founder of the National Women's History Project.

(@Central Jersey with Maggie Glynn): College Loans, (07/13/16) (9:21 minutes)

Moderator: Maggie Glynn

Guests: ProPublica reporter Annie Waldman

Subject: A number of New Jersey families have been caught in a financial disaster connected to their college loan payments. Maggie Glynn talks with ProPublica reporter Annie Waldman about her investigation into NJ Class Loans and the article outlining her findings co-published with the NY Times.

EMPLOYMENT, BUSINESS & ECONOMY

(Viewpoints): Third Technology Wave, (07/08/16) (10:53 minutes)

Moderator: Gary Price

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Guests: Steve Case, co-founder of America Online, investor & entrepreneur, author of The Third Wave: An entrepreneur's vision of the future.

Subject: Technology has been moving at break-neck speed during the past 30 years, with the invention and adoption of the personal computer and the internet in the first wave, and more sophisticated hardware, software, cell phones and apps in the second wave. Our guest, an internet pioneer himself, discusses the third wave of technology that will take all of these innovations one step further – integrating them into our world in ways that will bring them more fully into our educational systems, healthcare, work and our everyday lives.

(Viewpoints): Gender Issues in the Workplace, (7/10/16) (11:54 minutes)

Moderator: Marty Peterson

Guests: Jeffery Tobias Halter is President of YWomen, a strategic consulting company, and author of Why Women: The leadership imperative to advancing women and engaging men; Jack Myers, award-winning documentary filmmaker and author of the book, The Future of Men: Masculinity in the twenty-first century.

Subject: Women have made great strides in our society, but they still lag behind men in pay and promotions to the corner office at work. Many young men, on the other hand, are finding that women are getting a lot of support from employers and advocacy groups while they're left out in the cold – and sometimes even ridiculed in the media. Our guests talk about these issues and offer suggestions for why they happen and how we can level the playing field for both women and men.

(@Central Jersey with Maggie Glynn): NJ Farmers, (7/31/16) (minutes)

Moderator: Maggie Glynn

Guests: NJ Farm Bureau Executive director Peter Furey and NJ Farm Bureau President Ryck Suydam, Mr. Suydam, a farmer from Somerset County

Subject: The issues facing famers in the Garden State are outlined when Maggie Glynn interviews NJ Farm Bureau Executive director Peter Furey and NJ Farm Bureau President Ryck Suydam, Mr. Suydam, a farmer from Somerset County, with a multi-generational link to family farming in New Jersey discusses the life of a family working a farm in New Jersey and how that has changed through the decades.

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HEALTH AND PUBLIC SAFETY

(Radio Health Journal):

Moderator:

Guests:

Subject:

Chronic Recurrent Sinusitis, (07/31/16) (11:53 minutes)

Reed Pence

Erin Porter, fungal sinusitis patient and founder, EatPrayGetWell.com; Dr. Donald Dennis, ear, nose & throat surgeon, Atlanta; Dr. Joseph Han, Prof. of Otolaryngology-Head & Neck Surgery, Eastern Virginia Medical School

Many people who have chronic recurrent sinusitis may have an allergic reaction to fungi rather than a bacterial infection. Treatments for the two are completely different, and in some cases, fungal sinusitis can be life threatening. Two experts and a patient explain.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Heart Arrhythmias in Children, (07/31/16) (11:57 minutes)

Nancy Benson

Colin Alesse, parent of heart arrhythmia attack and co-founder Chicagoland Cardiac Connections; Dr. Greg Webster, cardiologist and electrophysiologist, Lurie Children's Hospital, Chicago and co-founder, Chicagoland Cardiac Connections

Children and adolescents seldom have "heart attacks," but they sometimes have heart arrhythmias which can look like the same thing, and be just as deadly. Often they are treated with implantable devices, but need more support than they often get. An expert doctor and the father of a young patient discuss.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Healthy Eating, (7/3/16) (12:14 minutes)

Marty Peterson

Diane Morgan, author of Salmon: Everything you need to know + 45 recipes; Jessica Goldman Fong, author of Low So Good: A guide to real food, big flavor and less sodium; Allyson Kramer, author of Naturally Lean: 125 nourishing, gluten-free, plant-based recipes all under 300 calories.

Eating healthy doesn't have to mean eating bland foods made with expensive ingredients that are hard to find. Our guests talk about how to introduce more fish and healthy fats, less gluten and less salt into your meals without a lot of fuss or fancy cooking techniques. They also discuss how to use spices and herbs to create flavor combinations that will keep you and your family satisfied at every meal.

(Radio Health Journal):

Moderator:

Guests:

PANDAS disorder, (07/31/16) (11:57 minutes)

Reed Pence

J.C. Konecny, Executive Director, PANDAS Network and parent of PANDAS sufferer; Dr. Elizabeth Latimer, Clinical Asst. Prof. of Pediatrics and Neurology, Georgetown Univ.

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Subject: Strep infection may prompt a severe reaction in some children, causing their own immune system to attack cells in the brain. What appear to be extreme psychological symptoms result from what is really a physical disorder. The disorder, known as PANDAS, is often misdiagnosed. Experts discuss.

(Radio Health Journal):

Unsafe Drinking Water, (08/07/16) (6:55 minutes)

Moderator:

Reed Pence

Guests:

Dr. Jeffrey K. Griffiths, Prof. of Public Health, Tufts Univ. and former chair, Drinking Water Committee, US EPA; Dr. Kristi Pullen Fedinick, Staff Scientist, Health Program, Natural Resources Defense Council.

Subject:

Most people assume their drinking water is safe. However, many chemicals, especially new ones, are unregulated by the EPA, and thousands of water systems serving millions of people have lead levels higher than standards allow. Experts explain the danger of lead, especially to children, and other chemicals that may be in drinking water.

(Radio Health Journal):

Varicose Veins, (08/07/16) (8:07minutes)

Moderator:

Nancy Benson

Guests:

Dr. Mark Rayman, Medical Director, Beach Cities Vein and Laser Center, CA

Subject:

Millions of people have varicose veins, which have health consequences beyond their unsightliness. An expert physician explains what varicose veins are and new treatments that simplify getting rid of them.

(Viewpoints):

Gun Violence, (8/7/16) (12:20 minutes)

Moderator:

Gary Price

Guests:

Pamela Haag author of the book, The Gunning of America: Business and the making of American gun culture; Stephanie Soechtig, director and producer of the Sundance break-out documentary Under the Gun, executive produced and narrated by Katie Couric.

Subject:

It seems that every week there's another spate of shootings in America that makes headlines. How did things get so bad? Why can't we stop the violence? We talk to two gun specialists about the history of guns in the U.S., how many criminals get their hands on guns and hear a few suggestions on how to strengthen gun laws to promote safety and still guarantee American gun owners' constitutional rights.

(Radio Health Journal):

Dwarfism, (08/07/16) (8:07 minutes)

Moderator:

Nancy Benson

Guests:

Dr. Jennifer Arnold, co-star, TLC's The Little Couple and co-author, Think Big; Ericka Okenfuss, licensed genetic counselor,

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Subject: Kaiser Permanente, Sacramento, CA; Gary Arnold, President, Little People of America and Public Affairs Manager, Access Living, Chicago
Many people with dwarfism also face skeletal abnormalities which can lead to disability. Experts, all little people themselves, discuss major causes of dwarfism, the hurdles they create, the struggle for respect, and the prospect of treatments that could one day make little people much more rare.

(Radio Health Journal): Overweight Bias, (08/21/16) (13:06 minutes)

Moderator: Reed Pence

Guests: Dr. Rebecca Puhl, Prof. of Human Development and Family Studies, Univ. of Connecticut and Deputy Director, Rudd Center for Food Policy and Obesity; Dr. David Katz, Director, Yale-Griffin Prevention Research Center, Yale Univ. and Founder, True Health Initiative; Kathy Kater, psychotherapist specializing in body image, eating and weight issues

Subject: Studies show that medical professionals are as biased as the rest of us against people who are overweight, resulting in lectures, misdiagnoses, and patients who start avoiding the doctor. Experts explain the problem, results, and what might be done about it.

(Radio Health Journal): Split Artery Heart Attacks, (08/28/16) (12:00 minutes)

Moderator: Reed Pence

Guests: Shelley Simonton, SCAD patient; Dr. Sharonne Hayes, Founder, Women's Heart Clinic, Mayo Clinic; Carol Vich, SCAD patient

Subject: A form of heart attack that strikes young, seemingly healthy people--most of them women, often near childbirth--is increasing. Experts discuss heart attacks caused by arteries that split open rather than blockages.

(Viewpoints): Healthy Eating for Kids, (8/28/16) (11:57 minutes)

Moderator: Marty Peterson

Guests: Allison Childress, instructor and director of the Didactic Program in Dietetics at Texas Tech University; Sonoko Sakai, author of the cookbook Rice Craft.

Subject: It's tough for many parents to make sure that their kids eat nutritious meals, what with all of the advertising for less than healthy fast foods on the market. We talk to a nutritionist and a chef about strategies and foods that parents can use to help their kids make better choices at mealtime and in between.

(Radio Health Journal): Cholera Outbreak in Haiti, (08/28/16) (7:51 minutes)

Moderator: Nancy Benson

Guests: Dr. Ralph Frerichs, Prof. Emeritus of Epidemiology, UCLA and author, Deadly River: Cholera and Cover-Up in Post-Earthquake Haiti

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Subject: Haiti was struck by a devastating cholera epidemic a few months after a disastrous earthquake hit. Eventually the UN and its peacekeeping groups were blamed for causing the outbreak, making a bad situation much worse. Experts discuss how it happened and lessons for future disaster recovery.

(Radio Health Journal):

Moderator:

Guests:

Fetal Alcohol Spectrum Disorder, (09/04/16) (10:40 minutes)

Reed Pence

Dr. Phillip May, Research Prof. of Nutrition, Gillings School of Global Public Health, Univ. of North Carolina-Chapel Hill; Dr. Carl Bell, Prof. of Psychiatry Emeritus, Univ. of Illinois and staff psychiatrist, Jackson Park Hospital, Chicago; Dr. Ira Chasnoff, President, NTI Upstream and Clinical Prof. of Pediatrics, Univ. of Illinois

Subject:

Fetal alcohol spectrum disorder is the largest preventable cause of developmental disabilities in the US, and studies show it is far more common than previously suspected, especially in certain populations. Experts explain how better prevention efforts could greatly reduce a wide variety of social problems

(Radio Health Journal):

Moderator:

Guests:

Dreams, (09/04/16) (11:57 minutes)

Nancy Benson

Dr. Deirdre Barrett, Asst. Prof. of Psychology, Harvard Medical School and author, The Committee of Sleep: How Artists, Scientists, and Athletes Use Their Dreams for Creative Problem Solving—And How You Can Too

Subject:

The dreaming brain is nearly as active as it is when we are awake. Experts discuss ways to shape dreams to help solve problems.

(Viewpoints):

Moderator:

Guests:

Elder Care, (9/18/16) (8:50 minutes)

Marty Peterson

Ai-Jen Poo, co-director of Caring Across Generations, author of the book, The Age of Dignity: Preparing for the elder boom in a changing America.

Subject:

With the baby boomers transitioning into retirement in record numbers, and their parents living longer, we're facing an eldercare challenge that's bigger than we've ever seen before in this country. Who will take care of all of the older Americans who will need medical and end-of-life assistance in the coming decades? And how will we ensure that elder citizens will be able to live in comfort and dignity during their senior years? We talk to an activist about her own experiences with the system, and learn about strategies for dealing with the eldercare challenges that face us.

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(Radio Health Journal): Epi-Pen Pricing, (09/18/16) (11:38 minutes)
Moderator: Reed Pence
Guests: Dr. Aaron Carroll, Prof. of Pediatrics, Indiana Univ. School of Medicine; Dr. Thomas Casale, Prof. of Pediatrics and Medicine, Univ. of South Florida and Exec. Vice President, American Academy of Allergy, Asthma and Immunology
Subject: The Epi-Pen brand has become synonymous with epinephrine injectors, which can save the life of a person suffering a severe allergic reaction. Recently there's been outcry over large price hikes for the devices, which have forced some people to seek other alternatives or go without. Experts discuss the economics involved and what patients can do to be protected without going broke.

(Radio Health Journal): Strokes, (09/25/16) (7:14 minutes)
Moderator: Nancy Benson
Guests: Allison O'Reilly, Locked-In Syndrome survivor and author, Out Of the Darkness; Dr. Ralph Sacco, Chairman of Neurology, Univ. of Miami Miller School of Medicine and former President, American Heart Assn.
Subject: Some people who have a stroke in the brain stem suffer from a condition where they are fully conscious and aware, yet appear to be in a coma because they cannot move a muscle, except for sometimes the eyes. They may remain in this "locked-in" state for years. A stroke expert and a woman who recovered from this condition discuss it.

(Viewpoints): Disaster Preparedness, (9/25/16) (10:20 minutes)
Moderator: Marty Peterson
Guests: Peter Duncanson, Director of Systems Development for ServiceMaster Restore; Dr. Joseph Alton, fellow in the American College of Surgeons, a medical preparedness writer and author of The Survival Medicine Handbook.
Subject: We've had quite a number of natural disasters this year, and many Americans have been killed or injured in the chaos, not to mention losing all of their material possessions. Could they have been better prepared for disaster? Our guests are emergency response experts and they lay out some strategies for weathering big storms and fires to keep yourself and your family safe during an emergency

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MENTAL HEALTH AND PERSONAL EMPOWERMENT

(Radio Health Journal): Diagnostic Test Reliability, (07/03/16) (12:16 minutes)
Moderator: Nancy Benson
Guests: Dr. Steven Hatch, Asst. Prof. of Medicine, Univ. of Massachusetts Medical School and author, Snowball In A Blizzard: A Physician's Notes on Uncertainty in Medicine
Subject: Many patients want certainty in diagnoses, especially when they've had expensive diagnostic tests. However, those tests are often less certain in their results than people think, making patients sometimes doubt doctors' competence.

(Radio Health Journal): Lewy Body Dementia, (07/10/16) (11:21 minutes)
Moderator: Reed Pence
Guests: Candy Schulman, daughter of woman who died with Lewy body dementia; Dr. James Leverenz, Director, Cleveland Clinic Lou Ruvo Center for Brain Health and Chair, Scientific Advisory Council, Lewy Body Dementia Association
Subject: The second most common form of dementia is virtually unknown to most people. However, Lewy body dementia affects 1.4 million Americans, with symptoms commonly misdiagnosed as Alzheimer's disease. Additional symptoms such as hallucinations and uncontrollable shaking make diagnosis and caregiving more difficult, and treatments for Alzheimer's or psychosis can often be harmful. Experts discuss.

(Radio Health Journal): Genetic Discoveries, (07/10/16) (8:30 minutes)
Moderator: Nancy Benson
Guests: Dr. Siddhartha Mukherjee, Asst. Prof. of Medicine, Columbia Univ. and author, The Gene: An Intimate History.
Subject: Gene research has made incredible leaps in the last decade. A physician/Pulitzer-prize winning author explains what our new knowledge means for our immediate medical future, given our struggles with genetic knowledge in the past.

(LA with Jennifer Lewis): Mental Health Awareness, (07/3/16) (30:00 minutes)
Moderator: Jennifer Lewis-Hall
Guests: Marriage and family therapist Jaynay C. Johnson
Subject: On this edition of Life Advice with Jennifer Lewis-Hall we discuss the very important topic of mental health awareness. We're joined by marriage and family therapist Jaynay C. Johnson for part 3 of our series on Mental Health Awareness or as she likes to say Mental Wellness. Johnson is also the author of the book, "dear teen self: Tips To Help A Teenage Girl NAVIGATE THROUGH Adolescence." In this edition of Life Advice we focus on teenagers, caregivers and other people who may be dealing with stress in their lives and Johnson offers some coping skills

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and suggestions. She also touches upon other areas including dealing with loss, grief and emotional pain.

(Life Advice with Jennifer Lewis-Hall): Goal-setting, (8/14/16) (30 minutes)
Moderator: Jennifer Lewis-Hall
Guests: Author Simonetta Lein
Subject: On this edition of Life Advice with Jennifer Lewis-Hall, we're focusing on the importance of setting goals and living life to the fullest while helping others. Author Simonetta Lein who has a long list of accomplishments from entrepreneur to philanthropist - joins us to talk about the power of dreams and the establishment of her charitable organization, The Wish Wall Foundation.

(Radio Health Journal): Homesickness, (09/18/16) (7:27 minutes)
Moderator: Nancy Benson
Guests: Dr. Susan Matt, Prof. of History, Weber State Univ.; Dr. Chris Willard, Lecturer in Psychology, Harvard Medical School.
Subject: What we now call "homesickness" used to be a medical diagnosis called "nostalgia," and it was considered life-threatening. Today many people consider homesickness to be a childish emotion, but an expert says it's nothing to be ashamed of. We all suffer from it sometime and need to know how to cope.

(Viewpoints): Emotional Agility, (9/18/16) (12:47 minutes)
Moderator: Gary Price
Guests: Dr. Susan David is the co-founder of the Harvard-affiliated Institute of Coaching at McLean Hospital, a psychologist on the faculty of Harvard University Medical School, and author of the book, Emotional Agility: Get unstuck, embrace change and thrive in work and life.
Subject: When something happens that weighs on your mind and affects your relationships, your work and your life, how do you escape from the feeling? What can you do if you are working toward a goal, but your emotions get in the way of achieving it? Or you can't quite get out of a rut you're in with your job or a relationship? Our guest talks about how to develop "emotional agility" to deal with the thoughts, emotions and the stories we have in our lives, so we can attain the goals we set for ourselves, and live a more fulfilling life.

(LA with Jennifer Lewis): Eating Disorders, (9/24/2016) (30:00 minutes)
Moderator: Jennifer Lewis-Hall
Guests: Rachel Cohen, site director at The Renfrew Center of Northern New Jersey

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Subject: On this edition of Life Advice with Jennifer Lewis-Hall, we're talking about the very important topic of eating disorders – including bulimia, binge eating and anorexia. In this two-part series we're joined by Rachel Cohen, site director at The Renfrew Center of Northern New Jersey. Cohen shares some key facts and information eating disorders, warning signs and specifically what the disease is. And, she explains who is being impacted by eating disorders and how the demographics are changing and includes women of various age groups.

(Radio Health Journal): Crisis Intervention Training, (07/10/16) (11:21 minutes)
Moderator: Reed Pence
Guests: Laura Usher, Crisis Intervention Team Program Manager, National Alliance on Mental Illness (NAMI); Mary Neal, Director and co-founder, Assistance to the Incarcerated Mentally Ill; Dr. Randolph DuPont, clinical psychologist and Prof. of Criminal Justice, Univ. of Memphis; Sam Cochran, Major, Memphis Police Dept. (retired) and Project Coordinator, Univ. of Memphis CIT Center.

Subject: Police confrontations with mentally ill subjects can quickly turn tragic, as neither side may understand the other. Specially trained crisis intervention teams have spread around the country to prevent deaths, injuries, and unnecessary incarceration. Experts discuss how CIT works.

GOVERNMENT AND POLITICS

(Radio Health Journal): Military Research, (07/03/16) (12:16 minutes)
Moderator: Reed Pence
Guests: Mary Roach, author: Grunt: The Curious Science of Humans at War
Subject: Most people think of military science in terms of defeating the forces of the other side. But it also involves keeping our troops sheltered, clothed and fed, as well as protected from adversaries like exhaustion, infection, heat and noise. A noted investigative journalist explains the less well known side of military research.

(Radio Health Journal): Political Discourse, (07/03/16) (9:21 minutes)
Moderator: Gary Price
Guests: James Hoggan, President, Hoggan & Associates, Vancouver, BC, author of the book, I'm Right and You're an Idiot: The toxic state of public discourse and how to clean it up.
Subject: The presidential primaries this year underlined the sorry state of public discourse in the U.S. Name-calling, bullying, shouting and misinformation took center stage along with the candidates, and it makes you wonder if we'll ever get back to reasoned, polite

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discourse on important issues during this election cycle. Our guest wondered too, and he researched the topic of toxic public discourse and why it permeates our political and social communications these days. He also provides some suggestions for advocates and candidates to get their points across without resorting to nastiness and acrimony.

(Radio Health Journal):

High-Conflict Politicians, (8/21/16) (11:22 minutes)

Moderator:

Gary Price

Guests:

Bill Eddy, president of the High Conflict Institute and author of, Trump Bubbles: the dramatic rise and fall of high-conflict politicians; Mark Smith, director of the Center for Political Studies at Cedarville University in Ohio; Lauren A. Wright, PhD, political scientist and author of the book On Behalf of the President: Presidential spouses and White House communications strategy today.

Subject:

Throughout American history we've had politicians who stir up controversy during their campaigns: Bernie Sanders, Pat Buchanan, Joe McCarthy and now Donald Trump, to name just a few. These candidates are what one of our guests calls "high-conflict politicians." What is the attraction some voters have for these candidates? Why are they so loyal to them? And what is the political climate that brings them to the fore? We discuss these issues with our guests who look at the politics and the psychology of high-conflict candidates.

(Viewpoints):

Women Running for President, (8/28/16) (6:55 minutes)

Moderator:

Gary Price

Guests:

Ellen Fitzpatrick, professor of history at the University of New Hampshire and author of the book, The Highest Glass Ceiling: Women's quest for the American presidency; Cynthia Levinson, author of a book for eight- to 12-year-olds titled, Hillary Rodham Clinton: Do all the good you can.

Subject:

Hillary Clinton is running for president as the Democratic nominee this year, and for many people she's the first woman to ever seek that job. It might surprise you to know, however, that hundreds of women have run for president. One of our guests introduces three other prominent females who made progress in running for the White House. The other talks about the private side of Secretary Clinton and how, as First Lady, she tried to keep family life as normal as possible for the president and her daughter, Chelsea.

(Viewpoints):

Bobby Kennedy, (09/25/16) (11:19 minutes)

Moderator:

Gary Price

Guests:

Larry Tye, author of Bobby Kennedy: The making of a liberal icon.

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Subject: Although he never became president, Bobby Kennedy spearheaded a great deal of change in America with his work in civil rights, crime fighting and by combatting corruption. Our guest remembers this icon and talks about his more personal side, how he helped his brother John become president, and how his legacy inspires liberals and conservatives to this day.

COMMUNITY AND SOCIETY

(@Central Jersey with Maggie Glynn): A Visit to Elizabeth, NJ, (7/3/16) (30 minutes)
Moderator: Maggie Glynn
Guests: Elliott Dee of Snyder Academy of Elizabethtown which Alexander Hamilton attended
Subject: In celebration of Independence Day @Central Jersey focuses on the American Revolution and New Jersey's Revolutionary War history with a visit to Elizabeth, New Jersey. Highlighted is Alexander Hamilton and the City's Young Immigrant Hamilton Tour. Maggie Glynn interviews Elliott Dee of Snyder Academy of Elizabethtown which Alexander Hamilton attended. Other history and travel highlights of the City of Elizabeth are discussed with Jennifer Costa, the Director of the Elizabeth Destination Marketing Organization.

(Radio Health Journal): Parenting, (7/10/16) (11:54 minutes)
Moderator: Reed Pence
Guests: Alfie Kohn, author, The Myth of the Spoiled Child: Challenging the Conventional Wisdom About Children and Parenting.
Subject: Every generation thinks the one behind it is full of spoiled, entitled, lazy kids, prompting parenting advice that research shows is actually harmful to children. An expert discusses why conventional wisdom about raising kids is often all wrong.

(Viewpoints): Introverts, (7/10/16) (11:54 minutes)
Moderator: Gary Price
Guests: Susan Cain, author of Quiet Power: The secret strengths of introverts
Subject: Wallflower, shy, anti-social. All negative words we've used to describe people who are "introverts." Our guest -- an introvert herself -- talks about just what an introvert is, and how they are actually very sociable in the right settings. She also discusses ways in which teachers and others can encourage introverts' participation in school and in other groups, and how "quiet ones" complement the more gregarious and outgoing extroverts in their lives.

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(Viewpoints): News Magazines, (07/31/16) (11:04 minutes)
Moderator: Marty Peterson
Guests: Gerald Moore, former reporter and editor for Life author of the book, Life Story: The education of an American journalist.
Subject: News magazines have fallen on hard times. The big, photo-heavy publications such as Look and Life used to be part of the American landscape as they chronicled the important world events of the day. Our guest was a reporter and editor for one of these publications and talks about what it was like to work there, recalls some of the stories he covered and tells us why the magazines were pushed off the newsstands by modern technology and what we miss with their demise.

(Viewpoints): Using Theater to Improve Society, (7/31/16) (10:45 minutes)
Moderator: Gary Price
Guests: Larry Bogad, professor at the University of California-Davis, founding Director of the Center for Tactical Performance based in Berkeley, California, and author of the books, Electoral Guerilla Theatre: Radical Ridicule & Social Movements, and Tactical Performance: The Theory and Practice of Serious Play.
Subject: We all love a good theater performance. It can make us laugh, move us to tears and convey important messages about life and culture. But are theater and performance good strategies to affect social change and to advocate for a better society? Our guest thinks so. He's a performer, writer and educator who uses theater to help change people's minds and change society for the better.

(@Central Jersey with Maggie Glynn): Joetta Clark Diggs, Olympian, (8/7/16) (minutes)
Moderator: Maggie Glynn
Guests: Joetta Clark Diggs
Subject: To mark the beginning of the Olympic Games in Rio Maggie Glynn talks with a four time Olympic competitor from New Jersey. Hillsborough resident Joetta Clark Diggs represented the United States in Track and Field at the 1988, 1992, 1996, and 2000 Olympics. At the 2000 Olympics she competed alongside her sister and sister-in-law, a first. Ms. Diggs discusses how she made it to the Olympics, her work at the Joetta Clark Diggs Sports Foundation and her book, "Joetta's Principals for Success: Life Lessons from Track and Field."

(Viewpoints): Charitable Giving, (8/7/16) (9:27 minutes)
Moderator: Marty Peterso
Guests: Carrie Morgridge, Vice President of The Morgridge Family Foundation, author of Every Gift Matters: How your passion can change the world.

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Subject: The huge donations by billionaires such as Bill and Melissa Gates, Oprah, and Warren Buffett 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 a philanthropy specialist about how to give wisely and make sure your money is used in the way you intend.

(Viewpoints): "The Boys in the Bunkhouse", (8/14/16) (12:22 minutes)

Moderator: Gary Price

Guests: Dan Barry, New York Times reporter and columnist, author of The Boys in the Bunkhouse: Servitude and salvation in the heartland.

Subject: If you came upon a rundown, roach-infested bunkhouse in the heartland of America, full of middle-aged and elderly men in poor health who worked all day at a job for little pay and had been for decades, you might think you had time traveled back to the 19th century. We talk to an author who writes about this very situation where mentally challenged men had been pressed into servitude in 1974 and remained there until 2009 when some determined and caring social workers stepped in to help them.

(Viewpoints): Holocaust Survivor, (8/14/16) (9:28 minutes)

Moderator: Marty Peterson

Guests: Michael Gruenbaum, author with Todd Hasak-Lowy of Somewhere There Is Still a Sun.

Subject: Although their numbers are dwindling every year, there are still many people alive today who remember and lived through the Holocaust during World War II. One of these men spoke to us about his experience as a young boy in a Czechoslovakian work camp, and how his mother – through hard work, quick thinking and just pure luck – managed to keep herself and her two children from the death camps in Poland. He also discusses the need for young people to learn about the Holocaust and the reasons why it happened.

(Radio Health Journal): Communication Styles, (08/21/16) (8/21/16 minutes)

Moderator: Nancy Benson

Guests: Scott Schwefel, author, Discover Yourself

Subject: People have different ways to interpret the world around them, and miscommunication is often a result when we assume we do so similarly. A noted author discusses an innovative way to classify communication styles to avoid clashes.

(Radio Health Journal): "The Power of Names", (8/21/16) (11:57 minutes)

Moderator: Marty Peterson

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Guests: Dr. Mavis Himes, psychoanalyst, clinical psychologist and author of the book, *The Power of Names: Uncovering the mystery of what we are called.*

Subject: One of the most important things new parents have to consider is what to name their child. A lot of history and tradition can go into the choosing of that moniker and our guest has researched how we pick names and why they are important. She also discusses the religious and ethnic considerations of naming and why some people decide to change their names.

(Jennifer Lewis Hall):

Caribbean Culture, (8/27/2016) (30 minutes)

Moderator: Jennifer Lewis Hall

Guests: Cardigan Connor, Minister of Tourism for the Government of Anguilla

Subject: On this edition of special edition of Life Advice with Jennifer Lewis-Hall, it's an adventure to blue skies and aqua-colored water as we escape to the Caribbean island of Anguilla to learn more about Anguillan and Caribbean culture. Join me and Cardigan Connor, Minister of Tourism for the Government of Anguilla as I take excursion to the homeland of my ancestors on this special edition of Life Advice.

(Jennifer Lewis Hall):

Anguilla, (9/4/16) (30 minutes)

Moderator: Jennifer Lewis Hall

Guests: Juan Bochenski, Executive Chef/Director of Food and Beverage, Cap Juluca, Anguilla

Subject: On this special edition of Life Advice with Jennifer Lewis-Hall, returning to your roots. It's an adventure to blue skies and aqua-colored water and palm trees - as we escape to the Caribbean island of Anguilla to learn more about Anguilla and Caribbean culture. Joining me to do that is Juan Bochenski, Executive Chef/Director of Food and Beverage, Cap Juluca, Anguilla, British West Indies, a world class chef who has worked in a number of countries and is now bringing his own culinary flair to the island of Anguilla's renowned Cap Juluca Resort where travelers and celebrities from around the world come to visit and stay.

(@ Central Jersey with Maggie Glynn): Jewish Family Services, (9/4/16) (minutes)

Moderator: Maggie Glynn

Guests: Executive Director Sara Levine

Subject: The programs offered to the Central Jersey community by Jewish Family Services of Middlesex County are discussed in detail. Maggie Glynn speaks with Executive Director Sara Levine about the growth of the non-profit and the many programs that have been implemented through the years to serve those in need in Central New Jersey.

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(Viewpoints): Fashion Industry, (9/4/16) (9:37 minutes)
Moderator: Marty Peterson
Guests: Dr. Carolyn Mair, Chartered Scientist and Psychologist, Associate Fellow at the British Psychological Society
Subject: It seems that everywhere you go, fashion surrounds you – in ads for clothing and makeup, a billboard, the cover of a magazine, or virtually anything featuring a model. These images provide us with the idea of what makes a perfect person: If you wear this color lipstick and this kind of dress, you're considered beautiful. The fashion industry has been doing this for ages, but over time it has increasingly raised issues about confidence, self-esteem and body image. Our guest discusses why it's important to look beyond the advertisements and find the fashions that are right for you, how cheap clothing is hurting developing countries and the environment, and why designers and manufacturers need to change how they create clothing for and market to older men and women.

(@ Central Jersey with Maggie Glynn): Upcoming Community Events, (9/11/16) (minutes)
Moderator: Maggie Glynn
Guests: Virginia DeBerry, one of the founders of the New Brunswick Jazz Project
Subject: A regional and a local cultural event are highlighted in this program. The Central Jersey Jazz Festival, a free event which brings outstanding Jazz Musicians in September to Flemington, New Brunswick, and Somerville is outlined in the first part of the show. Maggie Glynn interviews Virginia DeBerry, one of the founders of the New Brunswick Jazz Project about the success of the festival and the work being done weekly to bring great jazz to New Brunswick. In the second part of the show a long awaited dance performance in Metuchen is highlighted. Maggie interviews Grace Shakney from the Metuchen Arts Council about the DanceSpora Company's outdoor performance "Rapture for a Season," being presented to the Metuchen and Central Jersey community at Tommy's Pond. The work of the volunteers of both of these organizations is also highlighted.

(@ Central Jersey with Maggie Glynn): Bruce Springsteen Collection, (9/18/16) (minutes)
Moderator: Maggie Glynn
Guests: Melanie Paggioli, the Executive Director of the Friends of the Bruce Springsteen Collection
Subject: Bruce Springsteen's work and connection to New Jersey is discussed in this program. Mr. Springsteen is now studied not only by musicians but is part of a number of college classes around the country. One group of volunteers has worked tirelessly to preserve an archive of history about this working New Jersey legend. Maggie Glynn speaks with Melanie Paggioli, the Executive Director of the Friends of the Bruce Springsteen

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Collection about the history of how this came about, the extent of their collection, and how the public can visit them at Monmouth University.

(@ Central Jersey with Maggie Glynn):

Moderator:

Guests:

Subject:

Community Food Bank of NJ, (9/25/16) (minutes)

Maggie Glynn

Laura Sodano Beuasoleil, Hunger Action Coordinator

The Community Food Bank of New Jersey is a much needed and longtime NJ non-profit that helps to feed the hungry of the Garden State now estimated to be 1 in 5 children. Maggie Glynn interviews Laura Sodano Beuasoleil, their Hunger Action Coordinator about their mission and the kick-off of the Students Change Hunger program which educates and empowers students across the state to make change and contribute to fighting hunger in NJ.

ENVIRONMENT

(@Central Jersey with Maggie Glynn):

Moderator:

Guests:

Subject:

Sandy Hook Lighthouse, (7/10/16) (minutes)

Maggie Glynn

Betsey Barrett the President of the Sandy Hook Foundation

The 100th Anniversary Year of the National Park Service is commemorated with an in-depth discussion of Sandy Hook, home to America's oldest lighthouse. This national park is a New Jersey treasure with year round nature adventures, history tours, and entertainment. Maggie Glynn talks with Betsey Barrett the President of the Sandy Hook Foundation about this important New Jersey site and the volunteers who help keep it viable.

(@Central Jersey with Maggie Glynn):

Moderator:

Guests:

Subject:

NJ Maritime History, (8/21/16) (minutes)

Maggie Glynn

Captain Steve Nagiewicz

What treasure lies off the Jersey Coast and why are there thousands of shipwrecks off of our shores? Maggie Glynn discusses NJ maritime history and the importance of New Jersey to the commerce of the New York/Philadelphia region with Captain Steve Nagiewicz. The shipwrecks, diving opportunities, and decades of life along the Jersey coast are covered in his new book, "Hidden History of Maritime New Jersey."

(Viewpoints):

Moderator:

Guests:

Global Warming and Climate Action, (9/4/16) (11:54 minutes)

Gary Price.

Per Espen Stoknes, psychologist, economist, author of What We Think About When We Try Not to Think About Global Warming: Toward a new psychology of climate action.

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Subject:

We've heard a lot about climate change and global warming over the past 20 years or so, but ironically people care about it less now than they did a decade ago! We talk to a researcher and author about how the framing of climate change can skew the message and create attitudes that affect how we think of global warming and how we become motivated – or not – to do something about it.