



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(FM) QUARTERLY PROGRAM LIST

1<sup>st</sup> Qtr.2016

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

### 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

### EDUCATION

(Viewpoints):

Pre-recorded interview, (1/3/16) (11:34 minutes)

Moderator:

Gary Price

Guests:

Rachel White-Hunt, Curriculum Fellow for the Julliard-Nord Anglia Performing Arts Programmer and Director of Music at the British International School of Chicago – South Loop; Diane Persellin, Professor of Music Education at Trinity University in San Antonio, TX; Santiago Oskandy, Vanya Lazarevic, and Rachel Spahn, Students at the British International School of Chicago – South Loop.

Subject:

Many schools are cutting back or cutting out music education because of funding restraints. Is this a good idea? What do music and the other arts bring to a child's overall education and development? We talk to two arts experts and some students about the value of music education in a child's life, and hear from some students about their experiences playing and studying music in and out of school.

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(Viewpoints): Pre-recorded interview, (1/3/16) (10:01 minutes)  
Moderator: Marty Peterson  
Guests: Ray Raphael, co-author with Marie Raphael of the book, *The Spirit of '74: How the American Revolution began*.  
Subject: In school we learn that the American Revolution began with the battles of Lexington and Concord. But did it? We talk to historian and author about the events that preceded those battles that effectively threw out British rule in Massachusetts and set the stage for the other colonies to revolt and fight for freedom from England.

(Viewpoints): Pre-recorded interview, (2/7/16) (10:17 minutes)  
Moderator: Marty Peterson  
Guests: Kara Platoni, lecturer in the Graduate School of Journalism at the University of California-Berkeley and author of the book, *We Have the Technology: How biohackers, foodies, physicians, and scientists are transforming human perception one sense at a time*.  
Subject: Do humans have more than five senses? Can we detect more in our environment than what we normally perceive through sight, sound, smell, touch and taste? Our guest wanted to know, so she spoke to scientists, engineers, and biohackers about learning more from our five senses and perhaps even finding a 6th sense.

(Viewpoints): Pre-recorded interview, (2/21/16) (11:29 minutes)  
Moderator: Gary Price.  
Guests: Aldon D. Morris, professor of sociology and African-American studies at Northwestern University, author of the book, *The Scholar Denied: W.E.B. Du Bois and the birth of modern sociology*.  
Subject: At the beginning of the 20th century, the study of sociology was dominated by the University of Chicago and other, historically white universities. Scholars at these schools conducted "armchair" theorizing – developing theories without actually going into cities and towns to talk to the people they were studying. One man – an African-American scholar and author – changed all that with his groundbreaking research and writing about Black people, their culture, and economic and social situations in urban areas. We talk to a sociologist about W.E.B. Du Bois and his work, and why he was denied the accolades he deserved for developing a new way to research and study various populations in the United States.

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(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (2/21/16) (10:14 minutes)

Marty Peterson

Marie Lu, author of The Young Elites series of books, including The Rose Society; Tom Isbell, professor at the University of Minnesota-Duluth, author of The Prey and The Capture young reader books.

A great many books and films these days deal with a dark, forbidding world where young people are warring with the villainous adults to save civilization. Teens are drawn to these stories, but why? What is it about dystopian fiction that fascinates young people? We talk to two successful authors of these stories about how kids are working out some of the issues in their own lives through these post-apocalyptic novels and learning valuable lessons about hope, trust, and friendship, good and evil.

(@Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (3/6/2016)(29:45 min.)

Maggie Glynn

Barbara Webb, Director of Development for Morven Museums and Gardens

On March 1, 1932 Baby Charles Lindbergh Jr. was kidnapped from his home in Hopewell, NJ. His murder and the “trial of the century” that followed are part of the current exhibit at Morven “Charles and Anne Morrow Lindbergh: Couple of an Age.” The history of this estate and its ties to American history are also covered.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (3/27/16) (11:00 minutes)

Gary Price

Diana E. Hess, Dean of the School of Education, University of Wisconsin-Madison; Paula McAvoy, Program Director for the Centers for Ethics & Education, University of Wisconsin-Madison. Both guests are co-authors of the book, The Political Classroom: Evidence and ethics in democratic education.

Civics classes in many grade schools and high schools aren't the same as they were 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 educators 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.

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### Employment, Business & Economy

(Life Advice with JENNIFER LEWIS-HALL):

Moderator:

Guests:

Subject:

Pre-recorded interview, (1/17/16) (24 minutes)

Jennifer Lewis-Hall

Brooke Houston of PSE&G

How would you like to have save money on your utility bills? Today on this edition of “Life Advice with Jennifer Lewis-Hall” we find out some of the hottest ways to cut costs on our heating bills and also enhance our living spaces at the same time with some simple DIY fixes that could also help to potentially save you hundreds of dollars a year. Here to tell us about some low cost fixes is Brooke Houston of PSE&G.

(@Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded, (2/14/16)(29:32 min.)

Maggie Glynn

Jackie Pappas the Executive Director of the Asbury Park Chamber of Commerce and Christine O’Brian of David Bradley Chocolatier

Valentine’s Day, A special weekend in Asbury Park and a family chocolatier in Central Jersey. Asbury Park, a music mecca and now a dining destination too, has been named one of The Best Places to Travel in 2016 by Travel & Leisure Magazine. And the importance of chocolate for Valentine’s Day is discussed with Christine O’Brian whose family has been in the chocolate business in New Jersey for three decades.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (2/28/16) (28:00 minutes)

Jennifer Lewis Hall

LuRae Lumpkin, CEO and founder of MindfulBusiness.guru.

On this edition of Life Advice with Jennifer Lewis-Hall it’s all about strategies for job hunting. Millions of people are looking to enhance and change careers but don’t always find it easy to make it to that next step or find that perfect job. Joining us with tips is LuRae Lumpkin, CEO and founder of MindfulBusiness.guru.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/06/16) (28:00 minutes)

Jennifer Lewis Hall

LuRae Lumpkin, CEO and founder of MindfulBusiness.guru.

On this edition of Life Advice with Jennifer Lewis-Hall are you hoping to get a raise but are fearful of broaching the subject and wouldn’t dare think of approaching your boss? Well, fear no more because today’s show is about the key strategies you need to know to lockdown a raise as well as ways to shine in the workplace – whether you’re seeking a promotion or looking for

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a new job opportunity. Joining us with tips is LuRae Lumpkin, CEO and founder of MindfulBusiness.guru.

(Viewpoints):

Pre-recorded interview, (3/27/16) (10:00 minutes)

Moderator:

Marty Peterson

Guests:

Thomas A. Kochan, Professor at the MIT Sloan School of Management, and author of the book, shaping the Future of Work.

Subject:

Economists are saying that American workers' wages are stagnant and have been for quite a few years now despite working longer hours and being "on call" all the time through technology. That doesn't mean that business is lagging though, since corporations, their CEOs and other high-level managers are doing quite well in that department. Our guest says that work and the way we compensate the rank-and-file workers needs to change to bring up wages and add benefits to make the work environment more equitable. We discuss why this inequality exists, look at some companies who are bucking that tide and find out ways that the system can change through education, government action and community empowerment.

### HEALTH AND PUBLIC SAFETY

(@Central Jersey):

Pre-recorded interview, (1/3/16)(29:54min.)

Moderator:

Maggie Glynn

Guests:

Dr. Susan Swedo, Principal Investigator Chief Pediatrics & Developmental Neuroscience Branch at the National Institute of Mental Health

Subject:

PANDAS/PANS disease affects as many as 1 in 200 children. Dr. Swedo, one of the leading Pandas researchers in the country discusses the disease and current research.

(Radio Health Journal):

Pre-recorded interview, (01/03/16-01/09/16) (11:52 minutes)

Moderator:

Reed Pence

Guests:

Deni Cantrall, retired teacher and arthritis sufferer; Dr. Robert Jamison, Prof. of Anesthesia and Psychiatry, Brigham and Women's hospital and Harvard Medical School; Bob Smirbeck, Expert Senior Meteorologist, AccuWeather.com; Dr. David Borestein, Clinical Prof. of Medicine and Director, Headache and Facial Pain Program, University of Cincinnati.

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Subject: Millions of Americans suffer pain as a result of weather changes. Experts discuss different conditions affected by weather, why pain responds to weather changes and possible remedies to some of these maladies.

(Radio Health Journal): Pre-recorded interview, (01/03/16-01/09/16) (7:54 minutes)

Moderator: Nancy Benson

Guests: Ken Geiser, Emeritus Prof. of Work Environment, Univ. of Massachusetts, Lowell, and author, *Chemicals without Ham: Polices for a Sustainable World*.

Subject: The average American is exposed to more than 100 potentially toxic synthetic chemicals every day, and there is a little oversight of their safety. A noted expert discusses the vast amount that we don't know about these chemicals, how the US might regulate them better, and how tougher regulation in other countries could help keep Americans safer.

(Radio Health Journal): Pre-recorded interview, (01/10/16- 01/16/16) (12:00 minutes)

Moderator: Reed Pence

Guests: Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Assn.; Dr. Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald Wyatt, Medical Director, Division of Healthcare improvement, The Joint Commission

Subject: Healthcare workers are about four times more likely than workers in any other field to be attacked on the job, usually by patients or family members, most often in the emergency department. Experts discuss how and why attacks occur and how hospitals and health care workers can do a better job preventing them.

(Radio Health Journal): Pre-recorded interview, (01/10/16- 01/16/16) (12:00 minutes)

Moderator: Nancy Benson

Guests: Dr. Simon Lee, foot and ankle surgery specialists, Rush Univ. Medical Center & Midwest Orthopedics, Chicago; Robert Corwin, ankle replacement patient and judo instructor, Yorkville, Il.

Subject: Hip and knee replacements are common, and doctors now say ankle replacements have become technically good enough to make fusion obsolete for arthritis patients in pain, a doctor and patient discuss.

(Radio Health Journal): Pre-recorded interview, (01/10/16- 01/16/16) (12:00 minutes)

Moderator:

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Guests: Amos Kamil, author, with Sean Elder, of *Great is the Truth: Secrecy, scandal, and the quest for justice at the Horace Mann School*.

Subject: Many stories of child sexual abuse in schools by trusted teachers, coaches and clergy have come to light in the past decade or so. One of the latest is the abuse suffered by some students at the Horace Mann School in New York City. We talk to a former student of the school about how the story of abuse came to light, how teachers and coaches lured children into sexual situations and how the draconian statute of limitations on child sex abuse in New York and other states hurts victims who wait until adulthood to reveal their horror.

(Radio Health Journal):

Pre-recorded interview, (01/17/16-01/23/16) (7:12 minutes)

Moderator:

Reed Pence

Guests:

Dr. Debra Mathews, Asst. Director for Science Programs, Johns Hopkins Berman Institute of Bioethics and Assoc. Prof. of Pediatrics, Johns Hopkins School of Medicine; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Law and Medical Schools, Univ. of Wisconsin-Madison

Subject:

Scientists have developed the technology to edit single genes, which could eventually eliminate some inherited diseases. If the technology is used on embryos or egg and sperm cells, it could eliminate some diseases from succeeding generations. However, doctors don't know how such "germline editing" or errors in execution of it would affect other genes for generations to come, calling the practice into question.

(Radio Health Journal):

Pre-recorded interview, (01/17/16-01/23/16) (7:12 minutes)

Moderator:

Nancy Benson

Guests:

Dr. Courtney Jung, Prof. of Political Science, Univ. of Toronto and author, *Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy*

Subject:

Many women who can't or don't want to breastfeed their newborns are pressured into trying anyway. An expert and author discuss the political forces creating unusual unanimity behind the issue, and the truth of health claims on breastfeeding's benefits.

(@Central Jersey):

Pre-recorded interview, (1/24/16)(29:45min.)

Moderator:

Maggie Glynn

Guests:

Dr. Morris Enyeart, author of "2016: The Changing Face of Cyber security & What It Means for Municipalities" for the NJ League of Municipalities

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Subject: Cyber-attacks are on the rise. Dr. Enyeart talks about how to check if your community is protected.

(Radio Health Journal): Pre-recorded interview, (01/24/16-01/30/16) (12:47 minutes)  
Moderator: Reed Pence  
Guests: Dr. Joe Bienvenu, Assoc. Prof. of Psychiatry, Johns Hopkins Univ.; Dr. James Jackson, Asst. Prof. of Medicine, Vanderbilt Univ.

Subject: A surprisingly high percentage of people who've been treated in intensive care units later suffer from post-traumatic stress disorder, often including hallucinations recalling horrible ICU incidents. This has led to coining a new syndrome--PICS, or post intensive care syndrome. Experts discuss why the syndrome appears to occur and what's being done to treat and prevent it.

(Radio Health Journal): Pre-recorded interview, (01/24/16-01/30/16) (7:12 minutes)  
Moderator: Nancy Benson  
Guests: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, The Chronic Cough Enigma.

Subject: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder.

(@Central Jersey): Pre-recorded interview, (1/31/16)(29:48)  
Moderator: Maggie Glynn  
Guests: Dr. Aliya Brown, American Heart Association  
Subject: Heart disease is the #1 killer of women, causing 1 in 3 deaths every year. Dr. Brown discusses awareness, symptoms and prevention of heart disease

(Radio Health Journal): Pre-recorded interview, (01/31/16-02/06/16) (12:38 minutes)  
Moderator: Reed Pence.  
Guests: Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, American College of Cardiology patient education initiative, Cardiosmart.org; Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, The Pritikin Edge.

Subject: Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss.

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- (Radio Health Journal): Pre-recorded interview, (01/31/16-02/06/16) (7:12 minutes)  
Moderator: Nancy Benson  
Guests: Dr. Melina Jampolis, nutrition specialist physician and author, The Calendar Diet; Dr. Emil Coccaro, Prof. and Chairman of Psychiatry and Behavioral Neuroscience, Univ. of Chicago.  
Subject: Low-level systemic inflammation is being tied to many disorders including heart disease, and now research has even tied inflammation to intermittent explosive disorder, a syndrome of repeated rage. Experts discuss these findings and how inflammation can be combatted through diet and supplementation.
- (Life Advice with JENNIFER LEWIS-HALL): Pre-recorded interview, (01/31/16) (28 minutes)  
Moderator: Jennifer Lewis-Hall  
Guests: Barbara Ficarra, RN, BSN, MPA, founder of Healthin30.com, (<http://healthin30.com/>) an award-winning broadcast journalist, health educator, lifestyle expert, international speaker, writer, producer, consultant, and mentor, is recognized as a leader in the health care industry. She is a contributor to Huffingtonpost.com, DoctorOz.com, and other leading websites. She is an advisory board member at Sharecare. Barbara is on the front lines of health care as a registered nurse and she is a leading voice in health focusing on healthy living, consumer engagement and empowerment, and she offers practical advice for consumers and health care professionals.  
Subject: Spring is almost here and what better time than now to talk about healthy eating. This expert - Barbara Ficarra, RN, BSN, MPA, founder of Healthin30.com 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.
- (Viewpoints): Pre-recorded interview, (2/7/16) (10:17 minutes)  
Moderator: Reed Pence  
Guests: Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara; Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Neuroscience, Michigan State Univ.  
Subject: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutterers; an inability to

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perceive rhythms; and a much more successful way to treat stuttering. Experts discuss the new advances.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (2/14/16) (12:16 minutes)

Gary Price.

Ellen Hopkins, author of the young adult verse-novels, *Tricks*, and *Traffic*; Tony Talbott, director of Anti-Human Trafficking Initiatives at the University of Dayton.

Sex and labor trafficking are big business in the U.S. and around the world. Often it's young people and immigrants who are forced to work in the sex industry or in sweatshops, restaurants and hotels with little pay, horrible hours and horrible living conditions. We talk to an author whose experienced dealing with young people caught in this web, and a university lecturer who's an advocate for trafficked victims, about the extent of the problem, how desperate people become ensnared in the trafficker's trap, and how law enforcement and communities can help the victims escape from a life of slavery and abuse.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (02/14/16-02/20/16) (13:30 minutes)

Reed Pence

Jocelyn Ullrich, Asst. Vice President of Science and Regulatory Advocacy, Pharmaceutical Research and Manufacturers of America (PhRMA); Dr. John Abramson, Lecturer in Healthcare Policy, Harvard Medical School; Dr. Joel Lexchin, emergency medicine physician and Prof. of Health Policy, York Univ.

Clinical trials are much of the basis for the practice of medicine. Funding of trials has dramatically shifted so that today, trials paid for by pharmaceutical and device makers outnumber publically funded trials 6-to-1. Some studies indicate this makes bias in trials more likely, jeopardizing public health. Experts discuss.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (02/14/16-02/20/16) (7:32 minutes)

Nancy Benson

Dr. John Patrick, author, *Health Attitude: Unraveling and Solving the Complexities of Healthcare*

American healthcare is the most expensive in the world. An expert author details some of the causes and possible solutions now being established.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (02/21/16-02/27/16) (13 minutes)

Reed Pence

Dr. Uriel Kitron, Prof. and Chair of Environmental Sciences, Emory Univ.; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center; Dr.

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Subject: Anna Durbin, Assoc. Prof. of International Health, Johns Hopkins Bloomberg School of Public Health  
Mosquito-transmitted Zika virus has arrived in Central and South America, and while most people are not affected by it, the virus has been linked to microcephaly, a severe birth defect. Experts discuss the virus, how it's transmitted, its spread to the US, and how to protect you from it.

(Radio Health Journal): Pre-recorded interview, (02/21/16-02/27/16) (6 minutes)  
Moderator: Nancy Benson.  
Guests: Dr. Jordan Geller, endocrinologist, Beverly Hills, CA; Shannon Rosen, thyroid disorder patient, Cincinnati, OH; Dr. Jeffrey Garber, Chief of Endocrinology, Harvard Vanguard Medical Assoc., Associate Prof. of Medicine, Harvard Medical School and lead author, Clinical Practice Guidelines for Hypothyroidism in Adults.  
Subject: Thyroid disease affects millions of Americans, many of whom have not been diagnosed. Experts discuss symptoms, causes, and treatments.

(Radio Health Journal): Pre-recorded interview, (02/28/16) (11:55 minutes)  
Moderator: Reed Pence  
Guests: Kevin Cook, author, Kitty Genovese; the Murder, the Bystanders, the Crime That Changed America; Dr. Jan-Willem van Prooijen, Assoc. Prof. of Social and Organizational Psychology, V-U Univ., Amsterdam, Netherlands and Senior Researcher, Netherlands Institute for Criminology; Dr. James Strickland, psychologist in private practice, Comack, NY.  
Subject: It's a psychological paradox that the greater the number of people present when a person needs help, the less likely help will be rendered. Experts discuss reasons why this effect occurs, how it can be broken by technology, and the background of intense research into the effect sparked by the first internationally famous "bystander effect" crime.

(Radio Health Journal): Pre-recorded interview, (02/28/16) (8:08 minutes)  
Moderator: Lynn Holley  
Guests: Alicia Young, author, Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets  
Subject: Egg donation can solve infertility, but it can be a minefield of emotional risks, especially if the donor and recipient are family or friends. An author/journalist who has donated twice with vastly different results discusses the technology and what to look out for when approaching egg donation.

(Radio Health Journal): Pre-recorded interview, (03/06/16-03/12/16) (12:12 minutes)  
Moderator: Reed Pence

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Guests: Dr. Uday Jani, internist, Lewis, DE; Dr. Jeffrey Puglisi, Glenville Medical Concierge Care, Greenwich, CT; "Suzy," concierge patient

Subject: Many primary care doctors are unhappy with the "factory medicine" they have to practice. Some are creating "concierge medicine" practices in response, cutting patient roles and asking for retainer fees from those that remain. Patients receive much longer appointments, greater access, and more personal care for these higher fees. Two concierge doctors and a patient discuss.

(Radio Health Journal): Pre-recorded interview, (03/06/16-03/12/16) (8:08 minutes)

Moderator: Lynn Holley

Guests: Karla Dzienkowski, Executive Director, Restless Legs Syndrome Foundation and parent of daughter with restless legs syndrome; Dr. William Ondo, Prof. of Neurology, Univ. of Texas Health Science Center, Houston and advisory board member, Restless Legs Syndrome Foundation

Subject: Restless legs syndrome, a neurological condition, strikes people at night, creating some of the worst sleep conditions known by any patients. Experts discuss identifying and treating the syndrome.

(Viewpoints): Pre-recorded interview, (2/28/16) (8:08 minutes)

Moderator: Gary Price

Guests: Maria Konnikova, psychologist, author of The Confidence Game: Why we fall for it...every time.

Subject: Films like The Sting, Oceans' 11, and American Hustle portray con artists as charismatic heroes out to help the little guy get his due. Well, our guest says that they are charismatic, but they're hardly heroes. She'll explain the personality of the con man and woman, tell us some of the techniques they use to trick their victims, and warn us that anyone – including the con artists themselves – is vulnerable to their scams.

(Radio Health Journal): Pre-recorded interview, (03/13/16-03/19/16) (11:46 minutes)

Moderator: Reed Pence

Guests: Kevin Hazzard, author, A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back

Subject: Paramedics and EMTs are the first responders of the health system and often find violent, confusing situations on their arrival. A former paramedic describes the "inside story" of the job, its dangers and rewards.

(Radio Health Journal): Pre-recorded interview, (03/13/16-03/19/16) (7:32 minutes)

Moderator: Nancy Benson

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Guests: Dr. Daphne Miller, family physician, San Francisco; Karen Giblin, President, Red Hot Mamas menopause management program  
Subject: Patients often keep lifestyle secrets from their physicians even though it may be harmful to their health. Experts discuss the most common reasons for secret-keeping and the consequences that may result.

(Radio Health Journal): Pre-recorded interview, (03/20/16-03/26/16) (11:24 minutes)  
Moderator: Reed Pence  
Guests: Dr. Dan Roden, Prof. of Medicine, Pharmacology and Biomedical Informatics and Asst. Vice Chancellor, Personalized Medicine, Vanderbilt Univ. Medical Center; Dr. Gerald Feldman, Prof. of Molecular Genetics in Medicine, Pediatrics and Pathology, Wayne State Univ. and President, American College of Medical Genetics and Genomics; Dr. Ellen Wright Clayton, member, Center for Biomedical Ethics and Society and Prof. of Pediatrics and Law, Vanderbilt Univ.  
Subject: Genetic testing has become a widespread reality in the past five years, but doctors are struggling with what many genetic findings really mean. Should patients be told about the presence of genes that might be either dangerous... or perfectly harmless? Experts discuss.

(Radio Health Journal): Pre-recorded interview, (03/20/16-03/26/16) (7:24minutes)  
Moderator: Nancy Benson.  
Guests: Dr. Robert Lustig, pediatric endocrinologist, Univ. of California, San Francisco, President, Institute for Responsible Nutrition and author, Fat Chance: Beating the Odds against Sugar, Processed Food, Obesity and Disease  
Subject: Many experts disagree over the roots of the obesity crisis some 40 years ago. One well-known expert describes why he believes sugar is to blame, and the changes in the market and government advisories that made sugar a much heavier part of our diets.

(Radio Health Journal): Pre-recorded interview, (03/27/16-04/02/16) (11:51minutes)  
Moderator: Reed Pence  
Guests: Dr. Phil Stewart, Prof. of Chemical and Biological Engineering, Montana State Univ.; Dr. Randall Wolcott, Medical Director, Southwest Regional Wound Care Center, Lubbock, TX; Bill Soukup, President, Scientific Biofilm Solutions and Healthy Household Cleansers  
Subject: Doctors often deal with bacterial infections, but they are less familiar with infections involving several different kinds of bacteria in a matrix. This form, known as biofilm, is surprisingly common, resistant to many antibiotics, and gaining new

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attention as a source of hard to eradicate infections. Experts discuss.

Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (03/20/16-03/26/16) (7:24minutes)

Nancy Benson.

Dr. Tanya Altman, Asst. Clinical Prof. of Pediatrics, Mattel Children's Hospital, UCLA and spokesperson, American Academy of Pediatrics; Dr. Janet Engle, Exec. Assoc. Dean, Prof. and head of Dept. of Pharmacy Practice, Univ. of Illinois at Chicago College of Pharmacy; Sharon Mielke, mother of victim of OTC drug death.

Subject:

Young adolescents often are allowed to take over the counter drugs on their own, but many OTC medicines, especially acetaminophen, can be dangerous. Experts discuss how to educate 'tweens on taking OTC drugs safely.

### MENTAL HEALTH AND PERSONAL EMPOWERMENT

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (1/17/16) (9:04 minutes)

Marty Peterson

Jason Gay, sports columnist for The Wall Street Journal, author of *Little Victories: Perfect rules for imperfect living.*

Subject:

In our fast-paced world, people get stressed out about things that aren't that important, such as traffic jams, their fantasy football team and if they're wearing the latest fashions when they take the kids to school. By worrying about those things, they often ignore those everyday events that make life joyful. Our guest shows us through stories from his own life that we should take joy in the little victories that make life happy and fulfilling.

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (1/17/16) (9:04 minutes)

Gary Price

Aasif Mandvi, actor, award- winning playwright, correspondent on Comedy Central's *The Daily Show with Trevor Noah*, and author of the book, *No Land's Man*; Megan Amram comedian, television writer and author of *Science ... for Her!*

Subject:

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 talented and funny people who use humor, satire and irony to make their points about

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women in science and technology, and the immigrant experience.

(Viewpoints):

Pre-recorded interview, (1/17/16) (9:04 minutes)

Moderator:

Marty Peterson

Guests:

Drew Barrymore, actress, director, producer, businesswoman, and author of *Wildflower*.

Subject:

Everyone remembers little Gertie from the movie E.T.: The Extra Terrestrial and the actress who played the part – Drew Barrymore. It’s been a long time since she made that film and she’s had her ups and downs since then. Now, as a 40 year old mother of two, Barrymore talks about her growing up, the problems she had with her family, fending for herself at age 14, and what she’s learned on the way to becoming an accomplished actress and a mature and loving mother.

(Viewpoints):

Pre-recorded interview, (2/14/16) (9:26 minutes)

Moderator:

Marty Peterson

Guests:

Brett Blumenthal, author of the book, *52 Small Changes for the Mind*; Achim Nowak, author of the book, *The Moment: A practical guide to creating a mindful life in a distracted world*.

Subject:

About this time of year, New Year’s resolutions begin to wane -- and most die. How do you keep them going? And how can you make better ones that you’re more likely to keep in the future? Our guests give advice on crafting a goal and setting up a process that will help you attain it.

(Viewpoints):

Pre-recorded interview, (3/13/16) (9:38 minutes)

Moderator:

Marty Peterson

Guests:

Caroline Webb, economist, management consultant, CEO of Sevenshift, author of the book, *How to Have a Good Day: Harness the power of behavioral science to transform your working life*.

Subject:

People tell us all the time to “have a good day,” but what does that really mean? How do you work on having a really good day? Our guest has researched the topic and has come up with some very interesting and helpful information from neuroscience and psychology that anyone can use to make their day more productive, less anxiety-provoking and just more pleasant.



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(Viewpoints): Pre-recorded interview, (3/20/16) (12:24 minutes)  
Moderator: Marty Peterson  
Guests: Robert Maurer, clinical psychologist, author of the book *Mastering Fear: Harnessing emotion to achieve excellence in health, work and relationships*; Edward G. Brown, business consultant, co-founder of the Cohen Brown Management Group, author of the book *The Time Bandit Solution*.

Subject: We all get stressed now and then, but did you ever consider that this “stress” that we feel is actually fear? Our guests discuss why that is, how it can sabotage our lives and work, how to handle fear when it comes along, and how to do a better job on the job of recognizing fear and learning to handle it.

### GOVERNMENT AND POLITICS

(Viewpoints): Pre-recorded interview, (1/17/16) (11:28 minutes)  
Moderator: Gary Price.  
Guests: Jamie Merisotis, CEO of the Lumina Foundation, author of *America Needs Talent*; Deepa Iyer, Sr. Fellow, Center for Social Inclusion, author of *We Too Sing America*.

Subject: There is a lot of talk by politicians and others about immigration policy in the United States. Many Americans are all for open immigration for those fleeing poverty and oppression. Others think that we need to stem the tide of refugees and undocumented immigrants to our shores. Our guests talk about what immigrants to this country offer to all of us and our economy, and how we should create a plan to allow them to become full members of the community and receive the education and training they need to succeed in their adopted home.

(Radio Health Journal): Pre-recorded interview, (2/7/16) (11:16 minutes)  
Moderator: Gary Price.  
Guests: Les Leopold, Director of the Labor Institute in New York, and author of *Runaway Inequality: An activist’s guide to economic justice*; David Lewin, Neal H. Jacoby Chaired Professor Emeritus in the Anderson School of Management at UCLA, and an expert on executive compensation.

Subject: Its campaign season and we’re hearing from politicians about the wage gap between the top 1% of earners in this country and the rest of us. What is the gap? When did it begin to develop

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and why? And what can we do to narrow it? Our guests offer their opinions on the subject and some solutions.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (3/6/16) (10:53 minutes)

Gary Price

David Axelrod, former campaign strategist and senior White House advisor for President Barack Obama, and author of the book, Believer: My forty years in politics.

The presidential election season is in full swing, and candidates are doing their best to make themselves attractive to the primary voters and to the general public for the November election. Our guest was in the thick of things during the last two election cycles and talks about how Barack Obama got elected to the highest office in the land. He also offers some insight into the president's terms in office, the rambunctious candidates on the stump now, and the parties' strategies in this campaign season.

### COMMUNITY AND SOCIETY

(@Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (1/17/2016)(29:51min)

Maggie Glynn

Ashton Burrell, chair of the Highland Park Human Relations Commission

Remembering Dr. Martin Luther King in Highland Park, New Jersey at the annual awards program at Highland Park High School with guest speaker Sarah Collins Rudolph, a survivor of the 16<sup>th</sup> Street Baptist Church bombing.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (1/17/16) (9:04 minutes)

Marty Peterson

Jason Gay, sports columnist for The Wall Street Journal, author of Little Victories: Perfect rules for imperfect living.

In our fast-paced world, people get stressed out about things that aren't that important, such as traffic jams, their fantasy football team and if they're wearing the latest fashions when they take the kids to school. By worrying about those things, they often ignore those everyday events that make life joyful. Our guest shows us through stories from his own life that we should take joy in the little victories that make life happy and fulfilling.

(Viewpoints):

Moderator:

Guests:

Pre-recorded interview, (1/24/16) (11:04 minutes)

Gary Price

Amos Kamil, author, with Sean Elder, of Great is the Truth: Secrecy, scandal, and the quest for justice at the Horace Mann School.

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Subject: Many stories of child sexual abuse in schools by trusted teachers, coaches and clergy have come to light in the past decade or so. One of the latest is the abuse suffered by some students at the Horace Mann School in New York City. We talk to a former student of the school about how the story of abuse came to light, how teachers and coaches lured children into sexual situations and how the draconian statute of limitations on child sex abuse in New York and other states hurts victims who wait until adulthood to reveal their horror.

(Viewpoints): Pre-recorded interview, (1/31/16) (10:21 minutes)

Moderator: Gary Price

Guests: Kostya Kennedy, editor of the *Sports Illustrated* book, *Super Bowl Gold: 50 Years of the Big Game*

Subject: Super Bowl Sunday is coming up, and football fans are planning their viewing parties. The first game between the Packers and the Chiefs was barely attended, but interest grew through the decades and now it's the biggest American sporting event of the year. We take a look back at the game and some of its stars, coaches and dynasties.

(@Central Jersey): Pre-recorded interview, (2/7/16)(30:01)

Moderator: Maggie Glynn

Guests: Jim Gigantino, author *The Ragged Road to Abolition, Slavery & Freedom in New Jersey 1775-1865*

Subject: February is Black History Month. How much were you taught in school about slavery in New Jersey. Gigantino talks in detail about slavery in New Jersey and the research for his book which was awarded the 2015 Robert P. McCormick prize by the New Jersey Historical Commission and the 2015 New Jersey Studies Academic Alliance Authors Award.

(Viewpoints): Pre-recorded interview, (02/07/16-02/13/16) (8:17 minutes)

Moderator: Nancy Benson

Guests: Dr. Paul Dawson, Prof. of Food, Nutrition and Packaging Science, Clemson Univ.

Subject: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths.

(Viewpoints): Pre-recorded interview, (02/07/16-02/13/16) (8:17 minutes)

Moderator: Gary Price

Guests: Glenn Wilke, Executive Director of the Midtown Educational Foundation, Chicago; Cynthia Levinson, journalist, author of the

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Subject: book, Watch Out for Flying Kids! How two circuses, two countries and nine kids confront conflict and build community. Character in a person is something we admire, and something we all would like to think that our kids grow up to achieve. But how do you teach them character? What are some of the virtues that go hand-in-hand with character and how can we instill them in our kids? We talk to two people who work with character education efforts to find out how two very different organizations are teaching kids teamwork, responsibility, fairness, friendship and other character traits in some very trying environments.

(@Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (2/28/16)(29:44 min.)

Maggie Glynn

Debra Vizzi, President & CEO of Community Food Bank of New Jersey

Many New Jersey residents are faced with the choice of paying bills or feeding their families, 12.4% of NJ residents are struggling. Community Food Bank of New Jersey works with more than a thousand partner charities to bring food to those in need throughout the state.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (3/20/16) (9:05 minutes)

Gary Price

A.O. Scott, movie critic for the New York Times, author of the book, Better Living through Criticism: How to think about art, pleasure, beauty and truth.

You've no doubt heard the line "everyone's a critic!" Our guest is one and thinks we should all be critics of the films, fine art, literature and other pleasures we indulge in. He will talk about why it's good to be a discerning viewer of the arts, how to be a better critic, how criticism makes us see things in a different light and how it helps us become better at choosing those things in life that bring us beauty and pleasure.

(Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (03/12/16) (12:00 minutes)

Jennifer Lewis Hall

Natasha Rodgers – Part 1

On this edition of Life Advice with Jennifer Lewis-Hall we explore The Simuel Whitfield Simmons Organization, a non-profit organization dedicated to improving the quality of life and access to resources for families and youth residing in New Jersey. Joining us is founder Natasha Rodgers who explains why and how SWS is honoring the legacy of the late Rev. Simuel Whitfield Simmons.

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(@Central Jersey): Pre-recorded interview, (3/13/16) (29:59 min.)  
Moderator: Maggie Glynn  
Guests: Dermot Quinn, author The Irish in New Jersey, Four Centuries of American Life  
Subject: For St. Patrick's Day this show focuses on New Jersey's Irish history.

(@Central Jersey): Pre-recorded interview, (3/27/16)(30:00)  
Moderator: Maggie Glynn  
Guests: Armaan Saxena, Family Liaison, Embrace Kids Foundation, Rutgers University students  
Dan Toth and JJ Weiss  
Subject: Embrace Kids Foundation supports local families whose children are suffering from catastrophic illnesses. The RU Dance Marathon has been able to raise millions through the years to support Embrace Kids.

(Jennifer Lewis Hall): Pre-recorded interview, (03/19/16) (28:00 minutes)  
Moderator: Jennifer Lewis Hall  
Guests: Natasha Rodgers – Part 2  
Subject: On this edition of Life Advice with Jennifer Lewis-Hall, Natasha Rodgers, community advocate and founder of the Simuel Whitfield Simmons Organization joins us to talk about her organization and its reach. And, she shares how she's encouraging others to get involved in helping to improve resources for families and youth living in New Jersey.

### ENVIRONMENT

(@Central Jersey): Pre-recorded interview, (1/10/16)(29:46 min.)  
Moderator: Maggie Glynn  
Guests: Alan Hershey of the New Jersey Trails Association  
Subject: Stick to your new year's exercise resolution with a hike in Central Jersey. Find your way back to nature on the NJ Trails Association trails throughout Middlesex, Somerset, Mercer, Monmouth, Hunterdon and Burlington Counties.

(Viewpoints): Pre-recorded interview, (1/24/16) (10:36 minutes)  
Moderator: Marty Peterson  
Guests: T.J. Walker, spokesperson for Pure Grown Diamonds, manufacturers of lab-grown diamonds; Marcia Bjornerud, Professor of Geology, Lawrence University, Appleton, WI.  
Subject: Mined diamonds and gemstones can cause a great deal of environmental damage getting them out of the ground, not to mention the horrible working conditions of miners – some just

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children – have to endure in some of the world’s diamond mines. Lab-grown diamonds and gemstones don’t require dangerous working conditions, and they’re made with just a fraction of the environmental impact of mined gems. But are those stones grown in laboratory really diamonds? Do they look the same as the mined versions? We talk to a spokesperson for lab-grown diamonds and to a geologist about the issue.

### (@Central Jersey):

Moderator:

Guests:

Subjects:

Pre-recorded, (2/21/16) (29:25 min.)

Maggie Glynn

Dr. David Robinson, New Jersey state climatologist

Record breaking storms and temperatures, drought, flooding, how is New Jersey’s weather changing. Dr. David Robinson presents the data.

### (Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (2/28/16) (10:26 minutes)

Marty Peterson

Dr. Laurie Marker, cheetah researcher, founder and executive director of the Cheetah Conservation Fund, author of A Future for Cheetahs. Suzi Eszterhas, award-winning wildlife photographer, who created photographs for A Future for Cheetahs.

Cheetahs are the fastest of all land animals – they can reach speeds of up to 70 mph in short bursts. Despite their speed and hunting ability, cheetahs are endangered in Africa and Asia, and don’t breed especially well in captivity. In Africa, they can attack livestock herds for food, and that puts them in danger from the subsistence farmers who need to protect their flocks. We talk to a wildlife expert who lives in Namibia, Africa and who has studied cheetahs for decades, and a wildlife photographer who spent three years documenting the lives of a family of cheetahs and other animals, about this amazing cat and why it’s important to protect it for future generations.

### (Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (3/6/16) (11:02 minutes)

Marty Peterson

Dana Gunders, staff scientist at the National Resources Defense Council and author of the book, Waste Free Kitchen Handbook: A guide to eating well and saving money by wasting less food.

Americans throw away hundreds of dollars per household on discarded and spoiled food, not to mention wasting the water and energy needed to grow it. Why is that? And how can we decrease waste, save money help the environment and eat better? Our guest has some advice on buying, storing and cooking food to minimize waste and create healthy meals.

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(@Central Jersey):

Moderator:

Guests:

Subject:

Pre-recorded interview, (3/20/16)(29:45 min.)

Maggie Glynn

Sandra Meola from the NY/NJ Baykeeper

The first day of spring is welcomed with an update on the NY-NJ Harbor Estuary waters. Sandra Meola also discusses the recent findings of their study showing an alarming amount of plastic pollution in the waters.