



TODAY'S HITS. YESTERDAY'S FAVORITES.

QUARTERLY PROGRAMMING LIST

4th Quarter – October, November, December 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

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

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- 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

4th Quarter – October, November, December 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

(@ Central Jersey with Maggie Glynn): Pre-recorded interview, (10/02/16) (30:00 minutes)

Moderator:

Maggie Glynn

Guests:

Jessica Levin and Monete Johnson from the non-profit Education Law Center

Subject:

PARCC testing when introduced in New Jersey two years ago met with strong opposition in some districts and opt out movements across the state. This summer the State Board of Education approved the PARCC exam as New Jersey's new high school graduation assessment. Had the new requirement been in effect this year more than 50-percent of graduates would have been at risk of getting their diploma.

(Viewpoints):

Pre-recorded interview, (10/16/16) (10:32 minutes)

Moderator:

Marty Peterson

Guests:

Robert Pondiscio is the Executive Director of the Knowledge Matters Campaign, a senior fellow at the Thomas B. Fordham Institute in Washington, DC, and a former inner-city elementary school teacher

Subject:

We hear it all the time – why can't our kids read better? Our guest has some thoughts on the issue and offers some suggestions to parents, educators and policymakers about how expanding our children's knowledge base in school will help make them better readers overall.

(Viewpoints):

Pre-recorded interview, (10/30/16) (11:04 minutes)

Moderator:

Gary Price

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Guests: Karen Abbott, author of Liar, Temptress, Soldier, Spy: Four women undercover in the Civil War.

Subject: We've heard a lot about the famous generals and other heroes of the Civil War, but very little has been written about the women who fought as hard as the men for their beliefs. We talk to an author who researched these women, about the jobs they did, how they risked their lives to find and carry intelligence from the enemy to their generals, and even how they used their "feminine wiles" to get the information they needed to gain advantage in the war.

(Viewpoints): Pre-recorded interview, (11/01/16) (11:54 minutes)

Moderator: Gary Price

Guests: Dr. Timothy Crist is the president of the Board of Trustees for The Newark Public Library, Newark NJ; Karin Slaughter, internationally bestselling author whose latest novel is titled The Kept Woman, founder of Save the Libraries.

Subject: The public library system in the U.S. is one of our most cherished community services, yet in these days of government budget cuts, libraries around the country are feeling the pinch of shorter hours, fewer staff and old technology. Our guests discuss why funding and supporting our libraries is a way to raise smarter kids, help residents with social service navigation, boost the economy, and help immigrants become full American citizens.

(@ Central Jersey with Maggie Glynn): Pre-recorded interview, (11/20/16) (30:00 minutes)

Moderator: Maggie Glynn

Guests: NJ historians Maxine Lurie and Richard Veit

Subject: The pictorial history documenting the state from pre-historic times to now is captured in the latest book from noted NJ historians Maxine Lurie and Richard Veit. Maggie Glynn talks with the authors about "Envisioning New Jersey, An Illustrated History of the Garden State". This grant funded history is a visual companion to their earlier book "New Jersey: A History of the Garden State".

(Radio Health Journal): Pre-recorded interview, (12/11/16-12/17/16) (12:14 minutes)

Moderator: Reed Pence

Guests: Dr. Natalie Castellanos Ryan, Asst. Prof. of Psychoeducational at the University of Montreal; Maia

Subject: Szalavitz, author of the book, Unbroken Brain: A Revolutionary New Way of Understanding Addiction
Drug and alcohol addiction and abuse is rising. Researchers have found that using “fear mongering” educational efforts to combat it in adolescents doesn’t work. New science has discovered that certain personality types are predictably predisposed to addiction risk, and that educational efforts can be targeted to them effectively. Experts discuss.

(Viewpoints): Pre-recorded interview, (12/11/16-12/17/16) (07:47 minutes)
Moderator: Nancy Benson
Guests: Dr. Ting Wu, Prof. of Genetics, Harvard Medical School
Subject: Advancements in genetic science are often clouded in ethical controversy. Experts discuss a new platform where scientists and public can debate it, and from which education can be disseminated

(Life Advice with Jennifer Lewis Hall): Pre-recorded interview, (12/11/16) (30 minutes)
Moderator: Jennifer Lewis Hall
Guests: Nik Fields, Chef
Subject: On this edition of Life Advice with Jennifer Lewis-Hall Chic Chef – Nik Fields joins us. Fields sees food as the universal language that transcends cultures and breaks down barriers. This philanthropic chef shares her tips and tricks for making the holiday’s fun - filled with food with a purpose. On this edition we talk about simple tips for your budget, for food preparation for the holiday season, some of her favorite recipes and making cooking and eating a great, “experience.”

(Radio Health Journal): Pre-recorded interview, (12/25/16-12/31/16) (12:20 minutes)
Moderator: Reed Pence
Guests: Dr. James Webb, clinical psychologist, President, Great Potential Press and founder, Supporting Emotional Needs of the Gifted; Megan Foley Nicpon, Assoc. Prof of Counseling Psychology, University of Iowa and Assoc. Director for Research and Clinic, Belin-Blank Center; Jen Merrill, mother of two twice exceptional children and author, If This Is A Gift, Can I Send It Back?
Subject: Many people feel that gifted children don't need any help because they're so talented. But many gifted kids are so

bored in school they become disruptive and do poorly, so they're not identified and their need for a challenge isn't met. Other gifted children have disabilities, such as learning disabilities, that are not identified because they are masked by their gifts. Experts discuss how to meet the needs of these children educationally and emotionally.

(Radio Health Journal): Pre-recorded interview, (12/25/16-12/31/16) (7:31 minutes)
Moderator: Nancy Benson
Guests: Mathieu Dion, Montreal TV reporter who suffers from beat deafness; Dr. Caroline Palmer, Prof. of Psychology, McGill Univ., Montreal
Subject: Some people simply have no rhythm. A small percentage may be "beat deaf," the rhythmic equivalent of tone deafness, and have a biological deficit in their body's timing mechanism. Experts discuss the problem and other body timekeeping clocks that may be affected. NOTE CONTACT POINT CITED: beat.brams@gmail.com

(Life Advice with Jennifer Lewis Hall): Pre-recorded interview, (12/18/16) (30 minutes)
Moderator: Jennifer Lewis Hall
Guests: Kate Butler, author and success coach.
Subject: On this edition of Life Advice with Jennifer Lewis-Hall talks with author and success coach Kate Butler. Butler joins Jennifer with some key tips regarding, "teaching your kids to handle money." It's a great "how-to" when it comes to building your legacy and integrating key information your kids to know early in life regarding their finances and building a nest egg.

Employment, Business & Economy

(Radio Health Journal): Pre-recorded interview, (10/9/16) (11:25 minutes)
Moderator: Gary Price
Guests: Mary Ellen Hannibal, author of the book Citizen Scientist: Searching for heroes and hope in an age of extinction; Geoff LeBaron is the director of the Audubon Society's annual Christmas Bird Count
Subject: When we think of scientists, most of us think of college graduates working in laboratories on very important projects for

the government or large corporations. Not many of us think of the retired bricklayer next door who likes to garden, or the 10-year-old girl who is fascinated by birds. We talk to two "citizen scientist" advocates about the importance of having average citizens be the eyes and ears of large research projects, and how anyone can find a science project they can help advance in the world.

(Radio Health Journal): Pre-recorded interview, (12/11/16) (11:31 minutes)
Moderator: Gary Price
Guests: Chuck Collins, website editor for The Institute for Policy Studies and author of the book, Born on Third Base. Kyle Hauptman, executive director of the Main Street Growth Project
Subject: The "Wage Gap" has been a persistent topic in America for years and it played a big role in determining the outcome of the recent election. We're joined by two experts who both agree that closing the wage gap should be a top priority in this country, but who have very different takes on how that can be achieved. We talk governmental regulations, tax codes, charity, and much more in regards to bringing the haves and the have-nots together. Our experts say doing so may just bring a much divided country together before the wedge between the two groups changes America into a very different and likely very worse-off, place for our children to inherit

HEALTH AND PUBLIC SAFETY

(Radio Health Journal): Pre-recorded interview, (09/25/16-10/01/16) (10:40 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.

(Radio Health Journal): Pre-recorded interview, (09/25/16-10/01/16) (11:57 minutes)
Moderator: Reed Pence

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

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):

Pre-recorded interview, (10/02/16-10/08/16) (7:14 minutes)

Moderator:

Nancy Benson

Guests:

Dr. David Scollard, Director, National Hansen's Disease Program

Subject:

Thanks in part to its Biblical past; the disfiguring disease leprosy carries more stigma than most diseases. We hear little about it today, but it still exists, and because it's now treatable, often the stigma is worse than the disease. An expert discusses.

(@ Central Jersey with Maggie Glynn):

Pre-recorded interview, (10/09/16) (30:00 minutes)

Moderator:

Maggie Glynn

Guests:

documentary filmmaker Tim Sorel

Subject:

There are most likely children suffering in your community and no one has figured out yet what's going on with them. Their behavior may have changed dramatically. All of a sudden they have extreme separation anxiety, maybe OCD, developed tics, become oppositional. Those are a few of the symptoms of PANDAS. Experts say 1 in 200 children could be affected by this disease. The culprit in a vast majority of the cases: STREP. Maggie Glynn interviews documentary filmmaker Tim Sorel about his new film "My Kid is Not Crazy" which captures over a two year period the odyssey of 6 children and their families as they seek answers and support.

(LA with Jennifer Lewis Hall):

Pre-recorded interview, (10/16/16) (30:00 minutes)

Moderator:

Jennifer Lewis Hall

Guests:

Claire Day

Subject:

On this edition of Life Advice with Jennifer Lewis-Hall we learn more about Alzheimer's disease and its impact on people in our region and across the country. In this two-part series we explore

the facts and figures as well as talk about the warning signs of the disease. Experts say every 66-seconds someone in the U.S. develops the disease. Claire Day joins us for this show. Day is the senior vice president of the Alzheimer's Association Delaware Valley Chapter who shares poignant information also for our Central New Jersey region.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (10/16/16-10/22/16) (11:49 minutes)

Reed Pence

Dr. David Balding, Prof. of Statistical Genetics, Univ. of Melbourne and University College, London; Dr. Wayne Grody, Prof. of Pediatrics, UCLA School of Medicine; Dr. Steven Monroe Lipkin, Pro. Of Medicine, Weill Cornell College of Medicine and author, The Age of Genomes; Dr. Gerald Feldman, Prof. of Pediatrics, Pathology and Molecular Genetics in Medicine, Wayne State Univ. School of Medicine and President, American College of Medical Genetics and Genomics.

Subject:

Genetic testing is now available to consumers to satisfy a variety of desires—tracing heritage, gauging risk of inherited diseases in children, and screening for disease. However, risks come with what doctors' say is incomplete knowledge. Experts discuss uses, risks, and future of consumer genetic testing

(LA with Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (10/23/16) (30:00 minutes)

Jennifer Lewis Hall

Claire Day

On this edition of Life Advice with Jennifer Lewis-Hall it's all about Alzheimer's disease as we learn how you can take part in helping the local chapters raise money, raise awareness or advocate and initiate change through local legislators. Claire Day, senior vice president of the Alzheimer's Association Delaware Valley Chapter joins us to talk about advocacy, volunteering and various ways you can get involved. Also sharing a very moving and personal story is Jeff Borghoff from Forked River who is the organization's national early-stage advisor. Borghoff, a former IT Technical Leader is living with early-stage, younger-onset Alzheimer's disease.

(Radio Health Journal):

Moderator:

Guests:

Pre-recorded interview, (10/23/16-10/29/16) (12:00 minutes)

Reed Pence

Dr. Kathryn Edwards, Prof. of Pediatrics, Vanderbilt Univ. and member, Committee on Infectious Diseases, American Academy of Pediatrics; Dr. Nathan Boonstra, pediatrician, Blank Children's

Hospital, Des Moines, IA; Dr. Art Caplan, Director, Division of Medical Ethics, Langone Medical School and Co-Director, Project on Vaccine Ethics and Policy, New York University.

Subject: A new survey shows more pediatricians are experiencing vaccination refusal among patients, and while the reasons are evolving, they still often result from misinformation. An increasing proportion of doctors are kicking these families out of their practices if they can't change minds and behavior, but is that ethical? Whose rights are paramount—the unvaccinated child or the rest of the practice? Experts discuss.

(Radio Health Journal): Pre-recorded interview, (10/30/16-11/5/16) (12:00 minutes)
Moderator: Reed Pence
Guests: Dr. Christopher Hansen, Asst. Prof. of Dermatology, Univ. of Utah; Dr. Victoria Werth, Prof. of Dermatology, Univ. of Pennsylvania & Chief, Dermatology Section, Philadelphia VA Medical Center; Dr. Betty Diamond, Investigator, Feinstein Institute for Medical Research

Subject: Lupus results when the immune system turns on the body, producing inflammatory attacks on virtually any organ. A small amount of patients have lupus only on the skin, and while this is not life threatening, it can still be psychologically devastating.

(Radio Health Journal): Pre-recorded interview, (10/30/16-11/5/16) (7:09 minutes)
Moderator: Nancy Benson
Guests: Kostya Kennedy, author, Lasting Impact: One Team, One Season. What Happens When Our Sons Play Football
Subject: Concussions have prompted many parents to question whether their sons should play high school football. A well-known sportswriter who is also a parent; was given nearly unlimited access to a high school team for a year shares the red flags he saw as well as the benefits of playing.

(LA with Jennifer Lewis Hall): Pre-recorded interview, (11/06/16) (30:00 minutes)
Moderator: Jennifer Lewis Hall
Guests: Phyllis Adams, Executive Director of Women Aware and Maliha Janjua, Director of Client Services and a survivor of Domestic violence
Subject: On this edition of Life Advice with Jennifer Lewis-Hall we highlight the recent Domestic Violence Month and awareness about this issue. Joining Jennifer for this show is Phyllis Adams, Executive Director of Women Aware who joined the organization in 2007. Adams was formerly employed by the New Jersey State

Police in the Victim Services Unit accountable for development of law enforcement response to domestic violence and sexual assault crimes. Maliha Janjua, Director of Client Services and a survivor of Domestic violence is also expected to join us.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/6/16-11/12/16) (11:49 minutes)

Reed Pence

Dr. Michael Porayko, Chief of Hepatology and Prof. of Medicine, Vanderbilt Univ. Medical Center; Dr. David Klassen, Chief Medical Officer, United Network for Organ Sharing

Skyrocketing drug overdose deaths are adding to the supply of transplantable organs. Contrary to the beliefs of many—and their designation as “high risk” donors--these are often high quality organs from youthful people. Even organs carrying disease that never would have been acceptable before are now able to be used if recipients accept them. Experts explain.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/6/16-11/12/16) (11:54 minutes)

Nancy Benson

Dr. Robert Provine, Prof. of Psychology, Univ. of Maryland-Baltimore County and author, Curious Behavior: Yawning, Laughing, Hiccuping and Beyond; Dr. Andrew Gallup, Asst. Prof. of Psychology, SUNY Oneonta.

Virtually all animals with a backbone yawn, but scientists don't know what purpose it serves or why yawns are so contagious. Experts discuss what's known and what's behind a yawn.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/13/16) (11:02 minutes)

Gary Price

Brad and Kasey Willis, co-founders of “Expand with Julius,” a private coaching and workshop firm

Halloween is coming up, and just about everyone likes to be scared on that day. Its fun and it can help heighten the excitement of the holiday. However, there are some people who have fear in their lives that isn't much fun – those who are facing big changes, uncertainties and loss. Our guests talk about how fear affects our lives and how it can be decreased or eliminated by perseverance, positive thinking and compassion.

(@Central Jersey with Maggie Glynn):

Moderator:

Guests:

Subject:

Pre-recorded interview, (10/30/16) (30:00 minutes)

Maggie Glynn

NJ Department of Health Commissioner Cathy Bennett and Dr. David Robinson, the state climatologist and Rutgers University professor.

This week on @Central Jersey with Maggie Glynn the focus is on Garden State water, the #kNOwLEAD campaign and the state of

the drought. Maggie talks first with NJ Department of Health Commissioner Cathy Bennett about the #kNOwLEAD campaign. They discuss the reasons parents should be aware of any lead issues and why they need to make sure their children are tested. The drought in the Garden State and the Rutgers University Global Snow Lab are discussed in the second part of the program with Dr. David Robinson, the state climatologist and Rutgers University professor.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/13/16-11/19/16) (12:57 minutes)

Reed Pence

Dr. Nidhi Kalra, Senior Information Scientists, RAND Corp.; Brandon Schoettle, Project Manager for Sustainable Worldwide Transportation, Univ. of Michigan Transportation Research Inst.

Self-driving cars are being developed more rapidly than most experts thought possible. But even if they're technically possible, can we be assured of their safety? Trust is a major hurdle to adoption of what could be a major step forward in transportation, as experts discuss.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/20/16) (9:51 minutes)

Marty Peterson

M.J. Ryan is a resolution maker and an internationally-recognized expert on change and human fulfillment, author of the book, Habit Changers; 81 game-changing mantras to mindfully realize your goals

In about six weeks, people will be celebrating the New Year and many of them will be resolving to change something in their lives – the ubiquitous “New Year’s Resolution.” We talk to a behavior specialist and coach about how bad habits are created and why. She also gives us some ways to help give those resolutions some staying power for the year ahead.

(Radio Health Journal):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/20/16-11/26/16) (8:08 minutes)

Nancy Benson

Ally Roberson, PBC patient; Dr. John Vierling, Prof. of Medicine and Surgery and Chief of Hematology, Baylor College of Medicine
A variety of liver diseases may cause test results that mimic alcohol-related cirrhosis. One, known as PBC, is the second largest reason for liver transplants in women. A patient and an expert discuss

Mental Health and Personal Empowerment

(L.A. with Jennifer Lewis Hall):

Pre-recorded interview, (10/1/16) (25:30 minutes)

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Moderator: Jennifer Lewis Hall
Guests: Rachel Cohen, site director at The Renfrew Center of Northern New Jersey
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 recaps some key facts and information eating disorders and warning signs while delving into patient therapies and how to treat the disease, as well as the impact of social media, issues surrounding body shaming and images in the media.

(Radio Health Journal): Pre-recorded interview, (10/02/16-10/08/16) (11:47 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.

(Radio Health Journal): Pre-recorded interview, (10/09/16-10/15/16) (11:21 minutes)
Moderator: Reed Pence
Guests: Dr. Stephen Betchen, Clinical Asst. Prof. of Psychology, Thomas Jefferson Univ., Sr. Supervisor, Council for Relationships and author, Magnetic Partners; Dr. Joyce Maguire Pavao, adoption consultant and Lecturer in Psychiatry, Harvard Medical School
Subject: People who are adopted have more psychological problems than others, yet they also tend to have other psychological strengths. Experts, both themselves also adoptees, discuss the roots and outcomes of these issues as adopted children grow up.

(Viewpoints): Pre-recorded interview, (11/6/16) (10:13 minutes)
Moderator: Marty Peterson
Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University in Philadelphia, PA; Liz Pryor, author of Look At You Now: My journey from shame to strength.
Subject: Bullying and shaming are two of the most damaging activities kids – and many adults – face today. One of our guests discusses

the psychological ramifications of bullying and the other relates her own experience as an unwed teen in the 1970s, and how the shame of that incident and the support she received from other young women in the same situation made her stronger and more compassionate to others.

(LA with Jennifer Lewis Hall):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/13/16) (minutes)

Jennifer Lewis Hall

Maliha Janjua, Director of Client Services and a survivor of Domestic violence

On this edition of Life Advice with Jennifer Lewis-Hall it's about domestic violence specifically the organization Women Aware which has over 35 years of experience providing services to survivors of domestic violence. The organization based in New Brunswick, New Jersey focuses on practical skills while offering intensive case management, including safety planning, counseling, housing assistance, life skills, parenting education, creative arts therapy for children, advocacy, health education and screening, translation services and pastoral care. Joining Jennifer for this show is Phyllis Adams, Executive Director of Women Aware who joined the organization in 2007. Maliha Janjua, Director of Client Services and a survivor of Domestic violence is also expected to join us.

(Viewpoints):

Moderator:

Guests:

Subject:

Pre-recorded interview, (11/13/2016) (8:30 minutes)

Marty Peterson

Bob Duke, professor at the University of Texas-Austin, and an expert on music and human learning. He and his co-author, Art Markman, are also the co-hosts of the popular podcast "Two Guys on Your Head." Their book is titled Brain Briefs: Answers to the most (and least) pressing questions about your mind

Does working crossword puzzles, Sudoku, and playing other games help prevent Alzheimer's and dementia? Why does time seem to crawl when we're young and speed up as we age? Does multitasking really help us get more done? We talk to a psychologist and author about these popular ideas and get the real story about how our minds can sometimes trick us into thinking things that really aren't true.

(Viewpoints):

Pre-recorded interview, (12/25/16) (10:09 minutes)

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Moderator: Gary Price
Guests: Dr. Mary Lamia, clinical psychology and psychoanalyst in private practice in Marin County, CA; Paul Huljich, author of "Stress Pandemic: 9 natural steps to survive, master stress and live well"
Subject: The holidays, with their family gatherings, crowded shopping malls and unpredictable weather, are a time of stress for many people. We talk to two stress specialists about tips and tricks to help you calm down a bit during this hectic time of year and also prevent undue stress at other times

Relationships

(Radio Health Journal): Pre-recorded interview, (10/09/16-10/15/16) (7:42 minutes)
Moderator: Nancy Benson
Guests: Dr. David Linden, Prof. of Neuroscience, Johns Hopkins Univ. School of Medicine and author, Touch: The Science of Hand, Heart and Mind; Dr. Robert Provine, Prof. of Psychology & Neuroscience, Univ. of Maryland, Baltimore County and author, Curious Behavior: Yawning, Laughing, Hiccupping, and Beyond.
Subject: Tickling is a unique application of the sense of touch that surprisingly has developmental and cultural importance. Experts discuss the science and sociology of tickling.

(Viewpoints): Pre-recorded interview, (10/23/16) (11:36 minutes)
Moderator: Marty Peterson
Guests: Dr. Ross Greene, a psychologist at Virginia Tech University and founding director of the non-profit organization "Lives in the Balance." He's also the author of the book, Raising Human Beings: Creating a collaborative partnership with your child.
Subject: Raising kids these days isn't easy. Parents have expectations for their children that often don't jibe with who the child is and his or her temperament -- and that can lead to problems with behavior that disrupt family life, and end up being counterproductive for the child. We talk to a psychologist about why kids behave the way they do in certain situations, and offer strategies for dealing with a child that can help them grow more responsible and independent

(@Central Jersey with Maggie Glynn): Pre-recorded interview, (10/30/16) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Sean M. Kosofsky, Executive Director of the Tyler Clementi Foundation
Subject: On this week's edition of @CentralJersey with Maggie Glynn, we talk with Sean M. Kosofsky, Executive Director of the Tyler Clementi Foundation about the work they're doing to help those who are being bullied.

(Viewpoints): Pre-recorded interview, (10/30/16) (10:36 minutes)
Moderator: Marty Peterson
Guests: Patricia Greenfield, Distinguished Prof. of Psychology, UCLA, Dir. of the Children's Digital Media Center, Los Angeles, CA; Susan Pinker, psychologist, journalist, author of The Village Effect: How face-to-face contact can make us healthier, happier and smarter.
Subject: Kids are always on their phones, tablets or computers – even when they're sitting across from one another at the lunch table! Does communicating via screens hurt kids? We talk to two researchers who found that too much screen time at the cost of face-to-face communication could decrease our ability to recognize emotions, and possibly even shorten our lives.

(Radio Health Journal): Pre-recorded interview, (11/13/16-11/19/16) (7:58 minutes)
Moderator: Nancy Benson
Guests: Julie Barton, author, Dog Medicine: The Unbreakable Bond Between One Woman and the Dog That Saved Her Life; Vinh Nguyen, Project Director, Southwest ADA Center at TIRR Memorial Hermann, Houston.
Subject: A woman who suffered severe abuse as a child describes the mental health benefits of owning a dog, and an expert on the Americans with Disabilities Act discusses requirements for emotional support animals.

(Radio Health Journal): Pre-recorded interview, (11/20/16-11/26/16) (11:55 minutes)
Moderator: Reed Pence
Guests: Dr. Joseph O'Donnell, Prof. of Medicine and Psychiatry, Geisel School of Medicine, Dartmouth College; Dr. Dean

Subject: Parmelee, Prof. of Psychiatry and Pediatrics, Wright State Univ. Boomshoft School of Medicine
Doctors have often been advised to avoid emotions regarding patients in order to keep their decisions objective. However, this has led many patients to believe doctors don't care about them. A new movement in medicine seeks to reverse the trend and put compassion back in medicine, led by a "Healer's Art" class in many medical schools. Experts who teach the class explain.

Government & Politics

(Viewpoints): Pre-recorded interview, (10/19/16) (6:55 minutes)
Moderator: Gary Price
Guests: Kathryn Smith, author of The Gatekeeper: Missy LeHand, FDR, and the untold story of the partnership that defined a presidency
Subject: Everyone knows about the presidency of Franklin D. Roosevelt, but not many know about the powerful and loyal confidant FDR relied on, Marguerite "Missy" LeHand. Our guest discusses the life and work of this remarkable woman and how she helped and influenced one of the greatest chief executives of our time.

(Radio Health Journal): Pre-recorded interview, (12/11/16) (09:59 minutes)
Moderator: Marty Peterson
Guests: Harlow Giles Unger, author of Henry Clay: America's Greatest Statesman and contributor to The Huffington Post
Subject: Most of us have heard the name of Henry Clay, but he's not one of the people we usually remember the way we do George Washington or Thomas Jefferson. Our guest says that Clay was just as important to our nation as the founding fathers, and he discusses the great contributions this Speaker of the House made to keep our country together, fight for justice, and create the foundations of our extensive modern U.S. transportation system.

(Viewpoints): Pre-recorded interview, (12/25/16) (11:33 minutes)
Moderator: Marty Peterson
Guests: Julia Angwin, award-winning journalist, author of "Dragnet Nation: A quest for privacy, security and freedom in a world of relentless surveillance" William Kling, adjunct professor of law,

IIT Chicago-Kent College of Law, clinical assistant professor at the University of Illinois at Chicago School of Public Health

Subject: It seems you can't get away from email spam, Internet scams and companies using your online purchases and web browsing to badger you with shopping opportunities. Every time you sign up for a blog or make a purchase, you are inundated with unwanted – and sometimes dangerous – intrusions into your personal and private information. We talk to a journalist who has tried to erase her digital footprint, and an attorney who deals with online privacy about the issue. We discuss ways you can get rid of some third parties who spy on your online activities, learn about better password protection, and find out why we are probably never going to be able to rid ourselves of all snooping in the future.

Community & Society

(Radio Health Journal): Pre-recorded interview, (10/01/16) (11:54 minutes)
Moderator: Nancy Benson
Guests: Dr. Jane Topolovec-Vranic, Associate Scientist, St. Michael's Hospital, Toronto, and Asst. Prof. of Occupational Science, Univ. of Toronto; Dr. Steven Hwang, Director, Center for Urban Health Solutions, St. Michael's Hospital, Toronto, and Prof. of Medicine, Univ. of Toronto

Subject: Research is showing that a remarkably high proportion of homeless men have suffered a traumatic brain injury in the past, raising the possibility that TBIs may cause behaviors directly leading to homelessness. Experts discuss their research

(Viewpoints): Pre-recorded interview, (10/9/16) (10:14 minutes)
Moderator: Marty Peterson
Guests: Jeff Dorson, Executive Director of the Humane Society of Louisiana

Subject: Natural disasters such as floods, wildfires and tornados can devastate a community, cause widespread health concerns and push families out of their homes. We're all concerned that the humans caught in these circumstances are taken care of, but what about the pets that live in the area? How can we help them survive and stay with their human caretakers? We talk to a Humane Society spokesperson who has seen his share of disasters about keeping your pets safe and secure during a catastrophe.

(@ Central Jersey with Maggie Glynn): Pre-recorded interview, (10/16/16) (30:00 minutes)

Moderator: Maggie Glynn
Guests: David Polomski
Subject: Since 1992, Raritan Valley Habitat for Humanity (RVHFH) has built 48 homes in Somerset and Hunterdon counties, with another 2 in progress! The Raritan Valley Habitat for Humanity is celebrating it's 25th anniversary, and 50 homes built. Maggie Glynn talks with executive director Jan Holmstrup, construction manager David Polomski, and Habitat homeowner Juanna about how Habitat changes lives for families and volunteers.

(Radio Health Journal): Pre-recorded interview, (10/23/16-10/29/16) (11:54 minutes)
Moderator: Nancy Benson
Guests: Marge Kerr, Prof. of Sociology, Univ. of Pittsburgh and author, Scream: Chilling Adventures and the Science of Fear
Subject: During the Halloween season, many people seek out frightening experiences. This controlled fear has a psychological and developmental purpose, as an expert explains.

(Viewpoints): Pre-recorded interview, (10/23/16) (9:58 minutes)
Moderator: Gary Price
Guests: Dylan Thuras, co-author of Atlas Obscura: An explorer's guide to the world's hidden wonders
Subject: When Americans take vacations, it's often to places like theme parks, resorts, or national parks. Our guest says that there's a treasure trove of unique destinations around the world if you veer off the beaten vacation path. He talks about a few of the places you probably never heard about but which offer unique experiences, educational opportunities and a lot of fun.

(@ Central Jersey with Maggie Glynn): Pre-recorded interview, (11/16/16) (30:00 minutes)
Moderator: Maggie Glynn
Guests: Sue Marticek, Executive Director of the Ocean County Long Term Recovery Group
Subject: It's been 4 years since Hurricane Sandy, 4 long years for the people still involved in the nightmare of trying desperately to go home. Maggie Glynn talks with Sue Marticek, Executive Director of the Ocean County Long Term Recovery Group about the fraud, fear, desperation, and hopelessness of the Sandy recovery.

(Viewpoints): Pre-recorded interview, (11/20/16) (11:43 minutes)
Moderator: Gary Price

Guests: Robert Matzen, author of Mission: Jimmy Stewart and the fight for Europe

Subject: The late actor, Jimmy Stewart, gave us some very memorable characters during his time in Hollywood – many very funny; others endearing; and still others dark and villainous. Perhaps Stewart’s most dramatic role was the one that not many people know about, but that molded his life and his psyche – not to mention his acting – for most of his career: fighter pilot in World War II. We talk to an author who delved into Stewart’s war service about how flying missions over Europe and seeing his comrades die affected the actor and his choice of roles and acting style for the rest of his life.

(@ Central Jersey with Maggie Glynn): Pre-recorded interview, (11/27/16) (30:00 minutes)

Moderator: Maggie Glynn

Guests: Maryanne McGerty-Sieber, Product Safety Investigator for the U.S. Consumer Product Safety Commission and Chris Nicholson, owner of Hidden Pond Tree Farms and President of The New Jersey Christmas Tree Growers' Association

Subject: First it was Halloween, this past Thursday was Thanksgiving, and off course right after Thanksgiving we head right into the Christmas season...the holidays just seem to be flying by! How many times have gone out to a Christmas tree farm in search of that perfect Christmas tree? This morning I am joined by Chris Nicholson, owner of Hidden Pond Tree Farms and President of The New Jersey Christmas Tree Growers' Association, who will give us some helpful hint on just where, when and how to select that prefect tree for Christmas. In the second part of the show Maryanne McGerty-Sieber, Product Safety Investigator for the U.S. Consumer Product Safety Commission, returns to discuss staying safe during the holiday season. We'll talk about making sure you have the proper lights for decorating inside and outside of your home this season, as well as your child's safety when selecting presents.

(Jennifer Lewis Hall): Pre-recorded interview, (12/11/16) (30 minutes)

Moderator: Jennifer Lewis Hall

Guests: Nik Fields

Subject: On this edition of Life Advice with Jennifer Lewis-Hall Chic Chef – Nik Fields joins us. Fields sees food as the universal language that transcends cultures and breaks down barriers. This philanthropic chef shares her tips and tricks for making the holiday’s fun - filled with food with a purpose. On this edition we talk about simple

tips for your budget, for food preparation for the holiday season, some of her favorite recipes and making cooking and eating a great, "experience."

Environment

(@Central Jersey with Maggie Glynn):

Moderator:

Guests:

Pre-recorded interview, (10/2/16) (10:12 minutes)

Marty Peterson

Michael Ableman, co-founder and director of Sole Food Street Farms in Vancouver, BC, and author of the book, Street Farm: Growing food, jobs and hope on the urban frontier; Deirdre Bradley-Turner, director of Community Service and Service Learning at Emmanuel College, Boston, which is part of the Mission and Ministry Office at the college.

Subject:

Urban gardens are popping up all over the country, and they've provided "food desert" communities with fresh fruits and vegetables for their residents' tables as well as taught urban dwellers to put abandoned plots of land to good use. But have you ever heard of an "urban farm"? Our guests talk about both of these projects and describe why they provide hope and employment for people in need as well as educational opportunities to students and residents.

(Viewpoints):

Pre-recorded interview, (11/13/16) (11:54 minutes)

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Moderator: Gary Price.
Guests: The late Tom Hayden, former member of The Chicago Seven and California State Senator of 18 years, is author of the book, Street Wars: Gangs and the future of violence.
Subject: In 2004, we spoke with activist and former California legislator Tom Hayden who passed away last month. The topics were gangs and violence, how and why young men and women join gangs and how we can stem the violence of these groups and help the young people who belong to them to live better, safer and more productive lives. In these days of continued strife on urban streets, we can still benefit from his hopeful – yet controversial – ideas on the topic.