

**WIOS AM 1480
QUARTERLY REPORT
OF PROGRAMMING ON ISSUES OF
COMMUNITY IMPORTANCE**

**FOR THE PERIOD
JANUARY 1ST THROUGH MARCH 31ST, 2022**

Below is a list of significant problems and needs of the WIOS AM service area and programming information includes:

The Economy and Job Opportunities: The state and local economy continues to hold steady, while business development is slow and unemployment is in check. Tourist related businesses dominate the market. We focus in on new and established businesses in to the area and what job opportunities might be available. Plus, career training facilities that might be available

Education: Northeast Michigan monitors assessments of education funding and effectiveness, test scores for students and employment placement for graduates. Continued debate over the state's primary, secondary and high school education system prompts examination of issues related to education.

Environment: As awareness of the environment increases nationwide, Northeast Michigan is confronted with an increasing number of environmental issues. More than protection and preservation of the environment, the state, and its residents must concern themselves with issues such as: hazardous waste, chemical manufacturing sites, contamination of streams and rivers by the former Wurtsmith Air Force Base in Oscoda, industrial pollutants, and the effects of these on the area's abundant wildlife.

Government: This section focuses on decisions made by national, state, and local officials, which affect Northeast Michigan. These include increased concerns regarding the various law enforcement agencies, environment, roads, and local communities.

Health Care: Among the concerns expressed for the elderly is medical issues regarding area nursing homes, hospitals, therapy centers, Iosco County medical care facilities plus, cost of housing. Also the continuous escalation of insurance costs.

Tourism and Recreation: Northeast Michigan continues to be one of the top vacation spots in the Midwest. This section of the report focuses on hunting, the Great Lakes, parks, and events that bring tourist dollars essential to our economy.

Description of WIOS AM Programs Providing the Most Significant Treatment of
Community Issues

<u>Program</u>	<u>Day</u>	<u>Time</u>
6:30 a.m. News	Monday through Friday	6:30 – 6:35 a.m.
7:30 a.m. News	Monday Through Friday	7:30 – 7:35 a.m
8:30 a.m. News	Monday Through Friday	8:30 – 8:35 a.m
12:30 p.m. News	Monday Through Friday	12:30 – 12:35 p.m.
4:30 p.m. News	Monday Through Friday	4:30 – 4:35 p.m
5:30 p.m. News	Monday Through Friday	5:30 – 5:35 p.m

All of the above programs are locally produced news programs. They include local News, Local Weather, Local sports and local obituary notifications. This is particularly important to mention because we have no daily local newspaper, only a weekly. We do include issue responsive segments as well.

InfoTrack	Saturday	12:30am – 1:00am
Sunrise Side Today	Monday through Friday	3:30am – 4:40 p.m.

1/06/2022 through 1/31/2022

Campaign	Message	Length	RunTimes
Radon	Radon Testing	:30	09
Flu	Flu Vax	:30	12
Problem Gambling	Money Problems	:30	08
Coronavirus	On the Front Lines	:30	12
Covid Mental Health	Mindful Kindness	:30	14
I Vaccinate	Get the Facts	:30	10

2/01/2022 through 2/28/2022

Campaign	Message	Length	RunTimes
MPTA	Public Transit	:30	08
DNR	Conservation Officers	:30	07
Radon	Radon Testing	:30	06
Flu	Flu Vax	:30	10
Problem Gambling	Money Problems	:30	08
Coronavirus	On the Front Lines	:30	10
Covid Mental Health	Stay We MAB	:30	11
I Vaccinate	Get the Facts	:30	10

3/01/2022 through 3/28/2022

Campaign	Message	Length	RunTimes
Covid 19	Therapeutics Can Help	:30	10
MPTA	Public Transit	:30	09
Flu	Flu Vax	:30	10
Problem Gambling	Money Problems	:30	06
Coronavirus	On the Front Lines	:30	10
Covid Mental Health	Stay We MAB	:30	10
I Vaccinate	Get the Facts	:30	10

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2022

Show # 2022-01

Date aired: 1/1/22 Time Aired: 12:30am

Ashley Kendall, PhD, postdoctoral fellow in the University of Illinois at Chicago School of Public Health

Dr. Kendall led a study that examined ways to prevent juvenile delinquents from returning to the criminal justice system. She found that clinically aggressive juvenile offenders on probation, who participated in a two-week intervention program designed to reduce risky behavior, were four times less likely to be incarcerated in the following 12 months. She also discussed the variety of costs incurred by communities as a result of youth crime.

Issues covered:

Length: 8:46

**Youth at Risk
Juvenile Crime**

Martin Gibala, PhD, Professor and Chair of the Department of Kinesiology, McMaster University in Ontario, author of "*The One-Minute Workout: Science Shows a Way to Get Fit That's Smarter, Faster, Shorter*"

Dr. Gibala discussed the value of high intensity workouts. He led a study that found that bursts of short but very intense exercise appear to be just as beneficial as traditional endurance training. He explained why this type of exercise works, and how it can be a good occasional substitute for a conventional workout.

Issues covered:

Length: 8:29

**Physical Fitness
Personal Health**

Daniel McGuinn, editor at Harvard Business Review, author of "*Psyched Up: How the Science of Mental Preparation Can Help You Succeed*"

Of the 2,000 hours we work every year, our success or failure is often determined in the couple of dozen crucial hours when we need to bring our absolute best in a meeting or presentation. Mr. McGuinn discussed the importance of mental preparation in the last few minutes before a major challenge, and offered tips on how to channel nervous jitters into useful emotions.

Issues covered:

Length: 4:59

**Career
Mental Health**

Show # 2022-02

Date aired: 1/8/22 Time Aired: 12:30am

Alessandra Cassar, PhD, Professor of Economics at the University of San Francisco

As researchers investigate reasons for America's persistent gender wage gap, one possible explanation that has emerged over the last decade or so is that women may be less competitive than men. Prof. Cassar was the co-author of a study that examined whether women are less competitive and less willing to take risks than men.

Issues covered:

Length: 8:23

**Women's Issues
Gender Equality
Career**

Joe Saul-Sehy, former financial advisor, host of "The Stacking Benjamins Podcast," author of "*Stacked: Your Super-Serious Guide to Modern Money Management*"

Mr. Saul-Sehy explained that many Americans feel too much pressure to be perfect and as a result make unnecessary errors in handling their money. He talked about the urgency of getting out of debt, and the best ways to accomplish it. He also explained the importance of setting timelines for financial goals.

Issues covered:

Length: 8:57

Personal Finance

Marie-Josée Harbec, PhD, psycho educator at CHU Ste-Justine Children's Hospital in Montreal

Dr. Harbec led a study that found that boys who participate in sports in early childhood are less likely to experience depression and anxiety symptoms in middle childhood. She said 5-year-old boys who participated in any sport were more likely to be physically active at age 12. She also explained the differences the study found between boys and girls.

Issues covered:

Length: 5:06

**Mental Health
Child Development
Physical Fitness**

Show # 2022-03

Date aired: 1/15/22 Time Aired: 12:30am

Carol Matthews, PhD, Professor of Psychiatry, University of Florida

Symptoms of depression, anxiety, and obsessive-compulsive disorders have emerged or worsened for many during the pandemic. Dr. Matthews discussed what effect the lockdowns and subsequent supply chain disruptions have had on another common but often misunderstood problem—hoarding. She explained how to distinguish between hoarding, stockpiling and panic buying, and what constitutes normal behavior in an abnormal time.

Issues covered:

Length: 8:26

**Mental Health
Supply Chain Concerns
Consumer Matters**

Dan O'Neill, MD, EdD, author of "*Survival of the Fit: How Physical Education Ensures Academic Achievement and a Healthy Life*"

For more than a century, team sports have been a mainstay of American childhood, but the number of kids involved had been falling even before the pandemic. Dr. O'Neill said fear of COVID-19 and much-reduced access to organized sports has caused the drop to accelerate dramatically. He talked about the potential health effects of inactivity and childhood obesity. He said physical fitness levels also have a significant impact on academic performance.

Issues covered:

Length: 8:55

**Youth Sports
Mental Health
Education**

Dr. Christopher M. Smith, PhD Student in Health Sciences, Warwick Medical School, Coventry, England

Automated external defibrillators might be increasingly available for use in the event of a cardiac arrest, but Dr. Smith led a study that found that they aren't being used nearly as much as they should be. He talked about the reasons that bystanders are reluctant to use AEDs and what government officials can do to help.

Issues covered:

Length: 5:04

**First Aid
Emergency Preparedness
Personal Health**

Show # 2022-04

Date aired: 1/22/22 Time Aired: 12:30am

Julia Brewer Daily, MS, former educator, author of “*No Names to Be Given*,” a novel based on her real-life story of adoption

Technological advances in home DNA tests and online genealogy have led to a remarkable wave of adoptees locating long-lost parents and siblings. Ms. Daily shared her own story of adoption and locating her biological parents, and discussed the emotional landmines that sometimes accompany attempted reunions.

Issues covered:

Length: 8:17

Adoption

Technology

Lisa Hinkelman, PhD, counselor, founder and CEO of Ruling Our eXperiences, Inc., author of “*Girls Without Limits: Helping Girls Succeed in Relationships, Academics, Careers and Life*”

Dr. Hinkelman said teenage girls today face a plethora of major challenges, including more stress and pressure than ever before. She said eight hours per day of social media exposure has had a profound effect on girls, one that parents can scarcely relate to. She explained why girls are experiencing a significant drop in confidence between grades 5 and 9.

Issues covered:

Length: 9:00

Girls Issues

Parenting

David C. Mair, MD, Medical Director, American Red Cross

The American Red Cross has declared a national blood crisis for the first time in its history. Dr. Mair outlined the reasons behind this urgent problem. He said doctors have been forced to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. He explained how listeners can sign up to make a blood donation.

Issues covered:

Length: 5:02

Blood Donation

Personal Health

COVID 19

Show # 2022-05

Date aired: 1/29/22 Time Aired: 12:30am

Sean Covey, author of *"The 6 Most Important Decisions You'll Ever Make: A Guide for Teens: Updated for the Digital Age"*

Mr. Covey outlined what he believes are the six largest challenges faced by today's teens. He said the top challenge is dealing with the pressures of school. He also said parents have

a far greater impact on their teens than they realize, much more than friends or others. He also explained why it is important for teens to learn to serve others, and to be willing to accept help from others, as well.

Issues covered:

Length: 8:51

**Teenage Concerns
Parenting
Education
Volunteerism**

Carol Janney, PhD, Assistant Professor of Epidemiology, Michigan State University

Dr. Janney led a study that suggested that it may be wise for mental health providers to add exercise to their patients' treatment plans. In her survey, a large majority of mental health patients said they wanted to exercise more and believed exercise helped improve their moods and anxiety much of the time. She said psychiatrists and other providers may discuss exercise with patients in generalities, but rarely create a comprehensive exercise plan for them or regularly make sure they are adhering to a specific goal.

Issues covered:

Length: 8:21

**Mental Health
Physical Fitness**

Adam Barry, PhD, Assistant Professor of Health Education, University of Florida

Dr. Barry conducted a study that found that two in five designated drivers had been drinking before getting behind the wheel and that 18% had blood-alcohol levels high enough to impair their driving skills. He outlined the potential reasons that designated driver education campaigns have been less than successful.

Issues covered:

Length: 4:56

Drunk Driving

Show # 2022-06

Date aired: 2/5/22 Time Aired: 12:30am

Dale Clark Farran, PhD, Emerita Professor, Research Professor in Early Childhood Education at Vanderbilt University's Peabody College of Education and Human Development

Prof. Farran was the lead author of the first statewide randomized controlled trial that followed low-income students from pre-kindergarten through sixth grade, to determine the value of pre-K programs. She was shocked at the results, which found that by third and sixth grade, poor children who attended pre-K scored lower on math, reading and science achievement tests, and were more likely to have been expelled or suspended for disciplinary infractions.

Issues covered:
Early Childhood Education
Poverty

Length: 8:49

Creek Stewart, preparedness expert, Weather Channel host, author of "*The Disaster-Ready Home: A Step-by-Step Emergency Preparedness Manual for Sheltering in Place*"

The federal government urges Americans to have a sufficient supply of emergency food and water for at least three days. Mr. Stewart outlined simple and relatively inexpensive steps anyone can take to set up an emergency food and water supply. He also discussed plans to deal with the loss of power and heat. He also explained what should be in a 72-hour survival kit, for use if someone must leave their home in an emergency.

Issues covered:
Disaster Preparedness
Consumer Matters

Length: 8:33

Aaron Packman, PhD, Professor, Civil and Environmental Engineering, Northwestern University, Director of the Northwestern Center for Water Research

Prof. Packman led a study that found that microplastics can deposit and linger within riverbeds for as long as seven years before washing into the ocean. He outlined the sources of microplastics and explained the effect that this form of pollution has on wildlife, humans and the environment.

Issues covered:
Pollution
Environment

Length: 4:58

Show # 2022-07

Date aired: 2/12/22 Time Aired: 12:30am

Dakota Witzel, doctoral candidate in Oregon State University's College of Public Health and Human Sciences

Ms. Witzel was the lead author of a paper that found that dwelling on negative aspects of aging can have a measurable negative impact on a person's physical health and ability to respond to stress. She suggested ways to change thought patterns relating to getting older, to reduce stress.

Issues covered:

Aging

Personal Health

Length: 8:17

Carl Erik Fisher, MD, addiction physician, bioethicist, and Assistant Professor of Clinical Psychiatry in the Division of Law, Ethics, and Psychiatry at Columbia University, author of *"The Urge: Our History of Addiction"*

An estimated 20 million Americans with substance abuse problems go without treatment. Dr. Fisher shared his assessment of the ongoing overdose crisis that claimed more than 100,000 American lives last year. He explained why he believes that calling addiction a disease is not helpful for recovery, and why he thinks the division between "good" drugs and "bad" drugs is overemphasized. He also said complete abstinence may not be the best treatment goal for many with drug or alcohol abuse problems.

Issues covered:

Drug Addiction

Government Policies

Length: 8:58

Madeleine Dore, author of *"I Didn't Do the Thing Today: Letting Go of Productivity Guilt"*

Any given day brings a never-ending list of things to do, and even on productive days, the thing left undone can leave us feeling guilty, anxious, or disappointed. Ms. Dore outlined ways to avoid overly ambitious to-do lists and how to stop comparing ourselves to others.

Issues covered:

Career

Mental Health

Length: 5:03

Show # 2022-08

Date aired: 2/19/22 Time Aired: 12:30am

Sarah Y. Tse, author of *“7 Years on the Front Line: True Stories and Tough Lessons about a Small Business that You Won’t Learn in a Classroom”*

Ms. Tse offered advice to anyone who dreams of starting a small business. She explained how she learned to maintain a work/life balance when faced with the stresses of owning a business. She also talked about the importance of education in being prepared for entrepreneurship, and how she deals with racism in business, as an immigrant and Asian-American.

Issues covered:
Entrepreneurship
Career
Racism

Length: 8:17

Ellen Voie, CEO & President of Women in Trucking, a non-profit organization that encourages women to join the trucking industry.

The recent supply chain problems have been a reminder that US has a huge and long-term shortage of truck drivers. Ms. Voie said women comprise 10% of truck drivers today. She explained why she believes women are often better suited to the job than men, what is attractive about it and what needs to change to encourage women of all ages to seek a career in trucking.

Issues covered:
Supply Chain
Women’s Issues
Employment

Length: 8:58

Wendy M. Troxel, PhD, Senior Behavioral and Social Scientist at the RAND Corporation, Adjunct Professor of Psychiatry and Psychology at the University of Pittsburgh

Dr. Troxel led a state-by-state analysis of the economic implications of a shift in school start times in the US. She found that a nationwide move to 8.30 a.m. could contribute \$83 billion to the U.S. economy within a decade. She said the economic gains would be realized through higher academic and professional performance of students, and reduced car crash rates among adolescents.

Issues covered:
Education
Economy
Youth at Risk

Length: 5:00

Show # 2022-09

Date aired: 2/26/22 Time Aired: 12:30am

Chuck Bell, Programs Director, Advocacy, Consumer Reports

Buy now, pay later schemes are catching the eye of consumers, and, to a lesser extent, of federal regulators. The multi-billion-dollar industry says no-interest BNPL loans are more equitable than credit cards, but Mr. Bell explained how lenders still make money when a buyer theoretically pays no interest, and why these loans can be a spending trap. He said Consumer Reports believes that there is not enough government oversight of these loans.

Issues covered:
Consumer Matters
Government Regulation

Length: 8:43

Gary Sirak, retirement planner, author of *"How to Retire and Not Die: The Three Ps That Will Keep You Young"*

When most Americans ponder retirement planning, they typically think of accumulating money. But Mr. Sirak said clear planning about what to do with one's time after retirement is equally important. He said not retiring at all may be the best option for some, while part time work is another good option for a happy retirement.

Issues covered:
Retirement Planning

Length: 8:40

Kendall Smith, author of *"Rookie Father: A Playbook for Men Experiencing Fatherhood for the First Time"*

According to the U.S. Census, 1 in 4 men who are becoming a parent didn't have a father figure themselves growing up. Mr. Smith shared his own story as the son of a single mom, and the struggles he faced in learning the role of being a father. He offered advice for men entering the new "Dad" stage of their lives.

Issues covered:
Parenting

Length: 5:07

Show # 2022-10

Date aired: 3/5/22 Time Aired: 12:30am

Roni Cohen-Sandler, PhD, licensed clinical psychologist, author of *“Anything But My Phone, Mom! Raising Emotionally Resilient Daughters in the Digital Age”*

Technology is transforming the way girls think of themselves, learn, develop social skills, and communicate with the people around them. Dr. Cohen-Sandler talked about the unprecedented changes faced by teens and their parents today. She offered suggestions to improve communication, particularly for a mother-daughter relationship. She said the current generation of teens is more sensitive and vulnerable than ever, about political and cultural trends such as the Me Too movement, Black Lives Matter and climate change.

Issues covered:

Length: 8:54

Parenting

Teenager Concerns

Annabel Streets, author of *“52 Ways To Walk: The Surprising Science of Walking for Wellness and Joy”*

Everyone knows that walking is a very healthy activity. Ms. Streets shared cutting-edge research and advice on how to maximize the physical and psychological benefits of walking, whether it's in an urban area or through the woods. She explained why walking within an hour of waking increases the metabolic benefits, why humming as you walk boosts natural immunity and how owning a dog can make walking far less of a chore.

Issues covered:

Length: 8:23

Exercise

Personal Health

Cassandra Herring, Technical Advisor at Safe Kids Worldwide

In the wake of the pandemic, poison control centers across the country have been flooded with calls relating to children ingesting cleaning products and hand sanitizers. Ms. Herring explained the factors that have caused this disturbing trend, and outlined three tips to help parents keep kids safe from these products. She also recommended that parents save the National Poison Help number (1-800-222-1222) in their phones and post it visibly at home.

Issues covered:

Length: 5:00

Child Poisoning

Consumer Matters

Show # 2022-11

Date aired: 3/12/22 Time Aired: 12:30am

Lila Rabinovich, qualitative social science analyst, Director of Policy and Development at Center for Economic and Social Research at the University of Southern California

Fewer than 1 in 5 Americans have created an online “my SocialSecurity” account to get a personalized estimate of their future retirement benefits. Ms. Rabinovich said most of the Social Security Administration’s website users are older. She explained why it is important for younger workers get a good understanding now of their future retirement benefits. She said one of the primary reasons that workers haven’t looked up their personal accounts is a lack of awareness the feature exists.

Issues covered:

Length: 8:59

**Social Security
Retirement Planning**

Bonnie J. Kaplan PhD, co-author of *The Better Brain: How to Overcome Anxiety, Combat Depression, and Reduce ADHD and Stress with Nutrition*

From violent meltdowns on airliners, to abusive tweets aimed at someone with different political beliefs, signs of a meaner, angrier, and more violent America are everywhere. Dr. Kaplan said part of the answer lies in today’s typical American diet. She said more than half of Americans’ food intake consists of ultra-processed ‘products’ with virtually no micronutrient content, creating a lack of nourishment in our brains.

Issues covered:

Length: 8:16

**Nutrition
Mental Health**

Priscila Dib Gonçalves, PhD, post-doctoral research fellow in the Department of Epidemiology at Columbia University's Mailman School of Public Health

Dr. Gonçalves led a study that found that two in five Americans who said they used alcohol and cannabis in the past year drove under the influence of one or both of the intoxicants. She said she hopes that identifying demographics that are at high risk for DUIs could assist in the development of better prevention strategies, and to make people more aware of the dangers.

Issues covered:

Length: 5:05

Drunk/Impaired Driving

Show # 2022-12

Date aired: 3/19/22 Time Aired: 12:30am

Amy Morin, PhD, licensed clinical social worker, college psychology instructor and psychotherapist, author of *13 Things Mentally Strong Parents Don't Do: Raising Self-Assured Children and Training Their Brains for a Life of Happiness, Meaning, and Success*

With safe spaces and trigger warnings designed to "protect" kids, many adults worry that today's kids don't have the resilience to reach their greatest potential. Dr. Morin explained why she believes parents must strive to raise mentally strong and resilient children, and offered suggestions to do it.

Issues covered:

Length: 7:31

Parenting

Mental Health

Marion McGovern, founder and CEO of M Squared Consulting, one of the first gig-economy talent intermediaries, author of *Thriving in the Gig Economy*

The world of work has changed dramatically in the past few years, as evidenced by tech companies such as Uber and Airbnb. Ms. McGovern noted that while most media attention is on the low end of the skill and income spectrum, little attention is being paid to the best-in-class professionals who have chosen an independent path. She discussed the biggest misconceptions regarding the gig economy and explained the reasons behind its rapid growth.

Issues covered:

Length: 9:38

Career

Economy

Nadia Lopez, founding principal of Mott Hall Bridges Academy in Brooklyn, NY, author of *The Bridge to Brilliance: How One Woman and One Community Are Inspiring the World*

As part of a pilot program in New York City, Ms. Lopez started a middle-grade public school in one of America's poorest communities. She talked about the risks and challenges faced by students in a high crime, low-income neighborhood, and how she devised programs to address them.

Issues covered:

Length: 4:54

Education

Poverty

Government Policies

Show # 2022-13

Date aired: 3/26/22 Time Aired: 12:30am

Mark Harmon, PhD, Professor Emeritus in the Oregon State University College of Forestry

Prof. Harmon recently led a study that showed the vast majority of carbon stored in trees before large wildfires was still there after the fires. He said the findings are an important step toward understanding the connection between wildfires and climate-change-inducing carbon emissions, and making wiser decisions about the carbon storage and emissions implications of forest management.

Issues covered:

Length: 8:09

Climate Change

Wildfires

Forest Management

Anna Lembke, MD, psychiatrist, Medical Director of Stanford University Addiction Medicine, Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic, author of *"Dopamine Nation: Finding Balance in The Age of Indulgence"*

Americans are living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, tweeting and more. Dr. Lembke outlined new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain, and what to do about it.

Issues covered:

Length: 8:55

Addiction

Mental Health

Andrew Gray, PhD, Assistant Professor of Watershed Hydrology in the Department of Environmental Sciences at the University of California, Riverside

Prof. Gray led a recent study that found that most items in roadside litter typically originate less than two miles from where they're found, and unless humans remove them, most of these items will never leave the environment. He hopes the research will help cities to develop strategies to prevent plastic litter that eventually taints water and air.

Issues covered:

Length: 5:10

Pollution

Environment

Michigan Sunrise Side

1st Quarter January-March 2022

Monday-Friday 5 Minutes Per Show

5:30am WQLB 103.3FM & WKJZ 94.9FM

6:15am WTZM 106.1FM

12:30pm WKJC 104.7FM

3:15pm WIOS 1480Am

- Monday, January 3rd - **Linda Friedgen**, President of the Iosco County Animal Shelter, with an update on pets available for adoption, fundraising and social media
- Tuesday, January 4th - **Michelle O'Kelley**, Ranger with the Michigan Department of Natural Resources, with information on the "Happy Trees Virtual 5K Run"
- Wednesday, January 5th - **June Pursey**, Coordinator of the Iosco County Coats For Kids Program, with information on the Michigan State Police "Stuff The Blue Goose" Event
- Thursday, January 6th - **Shane Noble**, Michigan State Police Community Service Trooper, with information on the West Branch Post's "Angel Drug Program"
- Friday, January 7th - **Jill Gonzalez**, Marketing Director with the website Wallet Hub Dot Com, with information on the best and worst cities to keep New Year's Resolutions
- Monday, January 10th - **Linda Friedgen**, President of the Iosco County Animal Shelter, with an update on pets available for adoption, fundraising and social media
- Tuesday, January 11th - **Shane Noble**, Michigan State Police Community Service Trooper, with information on scams in Northeast Michigan during tax season
- Wednesday, January 12th - **Paul Grabstanowicz**, President of the Hale Area Association, with information on the upcoming Hale Yes Winterfest Weekend
- Thursday, January 13th - 36th District State Senator **Jim Stamas**, with information on the state's upcoming Revenue Estimating Conference and office hours
- Friday, January 14th - **Russell Wilson**, Forester with the Iosco County Conservation District, with information on their upcoming Tree Identification Snowshoe Hike

-Monday, January 17th- **Linda Friedgen**, President of the Iosco County Animal Shelter, with an update on pets available for adoption, fundraising and social media

-Tuesday, January 18th- **Sue Miller**, Director of the Shoreline Players Acting Group of Oscoda, with information on their “Winter Wonderland” Grand Re-opening production

-Wednesday, January 19th- **Donald Benjamin**, Country singer and Standish native, with information on his new song “Dreams”, new album and upcoming tour

-Thursday, January 20th- **Charlene Miller**, Loan Officer with the Alpena Alcona Area Credit Union, with information on their recent fundraising effort for the Alcona Backpack program

-Friday, January 21st- **Don Schell**, owner of the Schell Hearing Aid Service in Tawas City, with information on their contest to give a deserving person free hearing aids

-Monday, January 24th- **Linda Friedgen**, President of the Iosco County Animal Shelter, with an update on pets available for adoption, fundraising and social media

-Tuesday, January 25th- **Amy Edwards**, Head Coach of the Tawas Area Lady Braves, with information on their upcoming Pasta Dinner Fundraiser for new uniforms

-Wednesday, January 26th- **Lynne Bigelow**, of the Iosco Arenac District Library, with information on Preschool Storytime going on at the library branches

-Thursday, January 27th- 36th District State Senator, **Jim Stamas**, with information on Governor Gretchen Whitmer’s State of the State Address and upcoming district hours

-Friday, January 28th- **Allen Miller**, Director of the Zion Lutheran Church in Tawas City’s Youth Group, with information on their Chili Cookoff and Game Night Fundraiser

-Monday, January 31st- **Alison Jacobsin**, Marketing Director for the Alpena Alcona Area Credit Union, with information on their Member Rewards and Save To Win Programs

-Tuesday, February 1st- East Tawas Fire Department Chief, **Bill Deckett**, with information on their Warming Station at Perchville USA in the Tawas

-Wednesday, February 2nd- **Ariana Conklin**, of the East Tawas Business Association, with information on their Chilly Cookoff at Perchville USA in the Tawas

-Thursday, February 3rd- **Phil Albosta**, of the Tawas Area Chamber of Commerce, with information on the Fishing Contest as part of Perchville USA in the Tawas

-Friday, February 4th- **Pete Barnes** and Jacquie Marx, coordinators for the Perchville Polar Bear Plunges, with information on registration for the event at Perchville USA

-Monday, February 7th- **Tammy Dean**, Director of the Northeast Michigan Community Service Agency, with information on their upcoming Senior Free Food Distributions

-Tuesday, February 8th- **Susan Elliott**, President of the Friends of the East Tawas Library, with information on their Cabin fever Series featuring author Corrine Del Rio

-Wednesday, February 9th- **Mel Smith**, of the Hale Area Association, with information on their upcoming Hale Gun and Knife Show fundraiser for the Hale Yes Association

-Thursday, February 10th- **Laurie Perkins**, of the Friends of the Tawas Point Lighthouse and Park, with information on the Lighthouse Keepers Program openings

-Friday, February 11th- **Jessica Everitt** and Krysta Lesneski of the Holy Family Schools Parent Teacher Organization with information on their Sportsman's Raffle

-Monday, February 14th- **Peggy Ridgeway**, President of the AuSable Valley Audubon Society, with information on the upcoming International Great Backyard Bird Count

-Tuesday, February 15th- **Tammy Dean**, Director of the Northeast Michigan Community Service Agency, with information on their upcoming Senior Free Food Distributions

-Wednesday, February 16th- **Scott Frank**, Director of the Tawas Bay Players Acting Group, with information on their upcoming production of "Catch Me If You Can"

-Thursday, February 17th- **Judy Kalmanak**, of the Alpena Area Chamber of Commerce, with information on the upcoming Reel Fun Ice Fishing Tournament Fundraiser

-Friday, February 18th- **Charlie Wiltse**, of the Michigan International Racing Association, with information on their upcoming Lincoln Fire Rite 250 Snowmobile Race

-Monday, February 21st- **Allen Miller**, of the Tawas Area Sports Boosters, with information on their upcoming Ace of Hearts Fundraiser at Barnacle Bills

-Tuesday, February 22nd- **James Erickson**, of the Tawas Area Knights of Columbus, with information on their upcoming 87th Annual Sausage Supper Celebration

-Wednesday, February 23rd- Michigan State Police Captain **Mike Brown**, candidate for Governor, on his Meet and Greet Event at the M-65 Bait Shop in Whittemore

-Thursday, February 24th- **Paul Crumley**, Director of the Tawas Community Concert Band, with information on their upcoming “Movie Music and More” Concert

-Friday, February 25th- **Michelle O’Kelley**, Ranger with the Michigan Department of Natural Resources, with information on the “Happy Trees Virtual 5K Run”

-Monday, February 28th- **Marv Pichla**, President of the Huron Shore Campus of Alpena Community College, with information on their upcoming ACC Talks on entrepreneurs

-Tuesday, March 1st- **Marissa Nunn**, of the Huron Hockey and Skating Association, with information on their upcoming “Broadway on Ice” Skating Show

-Wednesday, March 2nd- **Kristin Smith**- Oscoda resident and contestant to be a cover model for Ink Magazine, with information on how to vote for her in the competition

-Thursday, March 3rd- **Bill Deckett**, Fire Chief for the East Tawas Fire Department, with information on the upcoming Iosco County Firefighters All Stars vs Detroit Lions Legends Basketball Fundraiser

-Friday, March 4th- **Becky Moran**, Director of the Tawas High School Project Graduation, with information on their upcoming Comedy Series Fundraiser

-Monday, March 7th- **Tim Lee**, Alcona Community Schools Elementary School Principal, with information on their upcoming Kindergarten Roundup

-Tuesday, March 8th- **Tammy Dean**, Director of the Northeast Michigan Community Service Agency, with information on their upcoming Senior Free Food Distributions

-Wednesday, March 9th- **Lynne Bigelow**, of the Iosco Arenac District Library, with information on Preschool Storytime going on at the library branches

-Thursday, March 10th- 36th District State Senator, **Jim Stamas**, with information on the Michigan State Budget Process in Lansing and District Hours

-Friday, March 11th- **Andy Hess**, of the Whittemore Speedway Racing Council, with information on their upcoming “Slush Slinger” Race this Saturday

-Monday, March 14th- **Lynn Pillsbury**, of the Audie Johnson American Legion Post #211 in East Tawas, with information on their upcoming Gun and Knife Show

-Tuesday, March 15th- **Scott Moore**, Superintendent of the Oscoda Area Schools, with information on the upcoming Free Family Fun Fair in the Oscoda High School Gym

-Wednesday, March 16th- **Bill Deckett**, Chief of the East Tawas Fire Department, with information on their recent Training Seminar and presentation

-Thursday, March 17th- **Connor Hubbard**, Alcona County FFA Advisor, with information on their upcoming Maple Syrup Celebration Day at Alcona Community Schools

-Friday, March 18th- **Lynne Bigelow**, of the Iosco Arenac District Library, with information on their upcoming Spring Break Staycation Programs at the branch libraries

-Monday, March 21st- **Bill Britt**, owner of Britt’s Pure Maple Syrup in Tawas City, with information on events at their upcoming Michigan Maple Weekend Celebration

-Tuesday, March 22nd- **Cheryl Firestone**, Marketing Manager for the Tawas Bay Beach Resort in East Tawas with information on their upcoming Spring Fling Arts & Crafts Show

-Wednesday, March 23rd- **Sean Delaney**, owner of Delaney’s Wood Fired Pure Maple Syrup of Rose City with information on events planned for Michigan Maple Weekend

-Thursday, March 24th- **Chris Reetz**, owner of Ron’s Pure Maple Syrup & Reetz Family Sugar Bush in West Branch with information on events scheduled for Michigan Maple Weekend

-Friday, March 25th- **Gloria Brooks**, Board President for Discover Iosco, with information on the organization and their upcoming first quarterly meeting in Hale

-Monday, March 28th- **Sue Miller**, Director of the Shoreline Players of Oscoda, with information on their upcoming production of the comedy “Spinoff”

-Tuesday, March 29th- **Justin Griffith**, of the AuSable River Canoe Marathon Board, with information on the upcoming Klondike Challenge Canoe and Kayak Races

-Wednesday, March 30th- **Dale Evilsizer**, Executive Director of the Iosco County Commission on Aging, with information on the need for volunteer drivers for at home meal delivery

-Thursday, March 31st- **Dr. Jim Kent**, of the Oscoda Rotary Club, with information on the upcoming annual Free Family Fun Fair at Oscoda High School