

| DESCRIPTION OF ISSUE | PROGRAM/SEGMENT | DATE | TIME | DURATION | NARRATION OF TYPE & DESCRIPTION OF PROGRAM OR SEGMENT |
|---|---------------------------|-------|--------|----------|--|
| Morgan Wright talks about scammers | This Week In Mid-Michigan | 03/05 | 6:30AM | 10:55 | Morgan Wright Cyber Security Analyst: What are common ways we betray our personal information |
| Ryan Parrot tells Mike about foundations helping our veterans | This Week In Mid-Michigan | 03/05 | 6:30AM | 10:50 | Ryan Parrot Navy SEAL Ryan shares details on his fight against veteran suicide. |
| Does a low calorie diet help with slowing down aging | This Week In Mid-Michigan | 03/12 | 6:30AM | 13:05 | Dr. Mary Warren Wellness Expert When less is more: new research shows a calorie restricted diet slows aging/ |
| Sports memorabilia how profitable is it? | This Week In Mid-Michigan | 03/12 | 6:30AM | 10:15 | Lorrie Oberlin Michigan Antique Festivals How valuable might your sports memorabilia be? |
| Maple Syrup in Michigan | This Week In Mid-Michigan | 03/12 | 6:30AM | 7:35 | Mary Fogle Douglas Maple Syrup Expert Things get sticky as Mike and Mary discuss the maple syrup industry in Michigan. |
| Michael Fitch talks about bad attitudes of parents at sporting events | This Week In Mid-Michigan | 03/19 | 6:30AM | 10:00 | Michael Fitch Texas Association of Sports Officials: Could parents with bad attitudes at children's sporting events cause their respective teams to receive a penalty? |
| Bill Tingle talks about work meetings and their usefulness | This Week In Mid-Michigan | 03/19 | 6:30AM | 7:00 | Bill Tingle Founder & CEO - Tingle Leadership Are work meetings ceasing to exist and why? |
| Shelly loving talks about the health of your brain | This Week In Mid-Michigan | 03/19 | 6:30AM | 8:48 | Shelly Loving Healthy Living Expert: Can you regulate brain health with a better diet? |
| The latest on Cyber | This Week In Mid- | 03/19 | 6:30AM | 6:14 | Jonathan Taylor Cyber Security Analyst: |

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| news with Jonathan Taylor | Michigan | | | | Who controls your home smart devices? Jonathan talks about the privacy risks we take when we connect to the Internet of Things. |
| Chuck Lippstreu talks about Michigan Agriculture | This Week In Mid-Michigan | 03/26 | 6:30AM | 10:30 | Chuck Lippstreu Michigan Agribusiness Association: March is Michigan Food and Agriculture Month. |
| How can we deal with our anxiety and panic attacks | This Week In Mid-Michigan | 03/26 | 6:30AM | 9:19 | Dr. Jon Braccio Regional Psychological Services - East Lansing: Dr. Braccio lets us know how best to deal with anxiety and panic attacks. |
| Is your boss replaceable? Can AI be your boss? | This Week In Mid-Michigan | 03/26 | 6:30AM | 9:35 | Joel Patterson Vested Group: Could your boss or supervisor become an AI? |
| Jesus talks etiquette! | This Week In Mid-Michigan | 04/02 | 6:30AM | 12:01 | Jesus Garcia Etiquette Expert: Jesus reveals the meanings and origins of several popular names. |
| Natalia talks the history of exercise | This Week In Mid-Michigan | 04/02 | 6:30AM | 11:03 | Natalia Petrzela Historian - Contemporary American Culture: How has the history of exercise changed in America |
| Jonathan talks about baseball's opening day and Athletic Estates | This Week In Mid-Michigan | 04/02 | 6:30AM | 6:35 | Jonathan Hoeflinger Athletic Estates: With MLB opening day today, Mike chats with Johnathan about the upcoming season and rule changes. |
| Tim Heller talks AI and the possible pitfalls | This Week In Mid-Michigan | 04/09 | 6:30AM | 7:34 | Tim Heller Voice Actor: Tim and Mike discuss new issues arising from the proliferation of AI-generated speech, including phone scams using the deepfaked voice of a family member, and threatened job security for Voice-over artists, narrators, and other kinds of vocalists. |
| Leonard Weiss talks drunk purchases | This Week In Mid-Michigan | 04/09 | 6:30AM | 11:22 | Leonard Weiss Psychologist: What percentage of Americans bought a "drunk" purchase throughout the last year? |
| Dan Hooper talks the rise of less kids going | This Week In Mid-Michigan | 04/09 | 6:30AM | 9:25 | Dan Hooper Author Fleece U-Are students opting out of college more and more as |

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| to college | | | | | time passes by? |
| Bill Walsh talks about young people losing status with bosses | This Week In Mid-Michigan | 04/16 | 6:30AM | 9:41 | Bill Walsh Business Strategist:Why are young workers losing favor with employers? |
| Dr. Good talks about the IQ of people | This Week In Mid-Michigan | 04/16 | 6:30AM | 9:39 | Dr. Rebecca Good Education Expert: Are humans growing dumber? Why are IQ levels on the decline? |
| Rick Preuss talks about the negative effects of chocolate for your pets | This Week In Mid-Michigan | 04/16 | 6:30AM | 10:47 | Rick Preuss Preuss Pets:How bad are leftover chocolate and candy for your family pet? |
| Matt Flechter talks about recycling. | This Week In Mid-Michigan | 04/23 | 6:30AM | 10:22 | Matt Flechter EGLE Recycling Raccoon Squad: There are benefits beyond environmental conservation in recycling. |
| Brian Smith talks about nanomedicine and how it can help heart disease | This Week In Mid-Michigan | 04/23 | 6:30AM | 11:56 | Brian SmithAssociate Professor of Biomedical Engineering - Michigan State University: Could nanomedicine be the answer to curing heart disease? |
| Gentle Parenting what is it and how can we help our kids succeed | This Week In Mid-Michigan | 04/23 | 6:30AM | 8:57 | Alison Bogle Parenting Expert - Austin Family Magazine: What is gentle parenting? |
| David Cathy gives us interviewing tips | This Week In Mid-Michigan | 04/30 | 6:30AM | 8:43 | David Cathy Hiring Expert - Unity Search Group Some interview tips for that summer job. |
| Bill Walsh on companies hiring older rather than younger people | This Week In Mid-Michigan | 04/30 | 6:30AM | 10:23 | Bill Walsh Author - The Obvious Why are companies hiring older workers opposed to the younger generation? |
| Andrew Reed talks Netflix's lawsuit | This Week In Mid-Michigan | 04/30 | 6:30AM | 7:07 | Andrew Reed Attorney at Law:Our weekly look at the hottest legal cases: this week we look at a man suing Netflix, claiming the streaming company used his image in a true crime documentary without permission. |

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| Tanya Powers talks about the loss of Harry Belafonte | This Week In Mid-Michigan | 04/30 | 6:30AM | 5:03 | Tonya J. Powers FOX News Radio: Musician, actor and activist Harry Belafonte, known best for "The Banana Boat Song" has passed away at age 96. |
| What kinds of jobs are available for your teen this summer? | This Week In Mid-Michigan | 05/07 | 6:30AM | 7:50 | Dylan Schafer Michigan Department of Technology, Management and Budget With summer starting next month, what kinds of summer jobs are available for teens this year? |
| Robert Near talks about how we can help our veterans! | This Week In Mid-Michigan | 05/07 | 6:30AM | 12:19 | Robert Nearr Michigan Veterans Affairs May is Military Appreciation Month. How can we show our appreciation to our military both past and present beyond Memorial Day? |
| How is the writers strike going to affect entertainment | This Week In Mid-Michigan | 05/07 | 6:30AM | 9:51 | Brant Pinvidic Film / TV Producer How will the Writer's Guild strike affect our entertainment? |
| What should you get your mom for Mothers day | This Week In Mid-Michigan | 05/14 | 6:30AM | 6:20 | Jamee Hill Motivational Speaker: What does your mom want this year for Mother's Day? |
| Mr. Caruso talks living pay check to pay check | This Week In Mid-Michigan | 05/14 | 6:30AM | 6:15 | Christopher Caruso Author - the Parent's Guide to Turning Your Teen into a Millionaire: Are you living paycheck to paycheck? |
| How to start your day off right | This Week In Mid-Michigan | 05/14 | 6:30AM | 8:47 | Shelly Loving Nutrition Health Coach: If you're looking to get the most out of your day, Shelly suggests you start by eating a healthy breakfast. |
| How to get back in the groove after job burnout | This Week In Mid-Michigan | 05/14 | 6:30AM | 10:00 | Jamee Hill Motivational Speaker:How to recover from job burnout. |
| AI misidentified an innocent man | This Week In Mid-Michigan | 05/21 | 6:30AM | 6:25 | Lt. Randy Sutton Public Safety Analyst: An innocent man was sentenced to 30 years after an AI misidentified him as a perp. |

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| Ed Butowsky on adult children and their money troubles | This Week In Mid-Michigan | 05/21 | 6:30AM | 9:25 | Ed Butowsky Financial Strategist: Ed weighs in on how parents are giving their adult children more money than they're putting in their accounts. |
| Andrew Sternke tells us what to do when an unknown number reaches out to us | This Week In Mid-Michigan | 05/21 | 6:30AM | 8:55 | Andrew Sternke DarkBox Security Systems: What to do when an unknown number sends you a text with a link? |
| Travel around with Dave Lorenz | This Week In Mid-Michigan | 05/21 | 6:30AM | 6:47 | Dave Lorenz Travel Michigan: Where is Dave on this week's edition of Your Morning Wake-Up? |
| How is the Michigan DNR gearing up for Memorial Day weekend | This Week In Mid-Michigan | 05/28 | 6:30AM | 7:24 | Ron Olsen Chief of Parks and Recreation - Michigan DNR: The Michigan DNR is gearing up for a busy Memorial Day weekend. |
| Davon Woods talks about the need to show love and awareness for foster kids | This Week In Mid-Michigan | 05/28 | 6:30AM | 5:01 | Davon Woods Foster Kids Matter: Davon and his twin brother Tavon are walking across the country to raise awareness for foster children. |
| Dr. Daryl Gioffre says we could be eating ourselves to death | This Week In Mid-Michigan | 05/28 | 6:30AM | 11:08 | Dr. Daryl Gioffre Longevity Expert Are we eating ourselves to death? |
| Dr. John Braccio talks to importance of letting the parents parent | This Week In Mid-Michigan | 05/28 | 6:30AM | 8:02 | Dr. John Braccio Regional Psychological Services - East Lansing: Dr. Braccio explains how important it is for Grandparents to respect the boundaries set by their grandchildren's parents. |
| Are you taking enough vacation time? | This Week In Mid-Michigan | 06/04 | 6:30AM | 9:30 | Janee Hill Business consultant: Americans aren't taking enough vacation time. |
| Michael Lin talks about managing millennials and gen z | This Week In Mid-Michigan | 06/04 | 6:30AM | 10:27 | Michael Lin Leadership Expert: What management strategies are most effective in managing Millennials and Gen Z? |
| Darin Kidd talks about job satisfaction | This Week In Mid-Michigan | 06/04 | 6:30AM | 6:05 | Darin Kidd Coach and Speaker: Is the US citizen job satisfaction at an all time high? |
| Could Michigan see a drought? | This Week In Mid-Michigan | 06/04 | 6:30AM | 5:06 | Jim Geyer Meteorologist: Are we entering a drought? |
| Will we have a tick | This Week In Mid- | 06/11 | 6:30AM | 9:30 | Jeff Monosso FOX News Radio |

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| filled season? | Michigan | | | | Mike and Jeff are bugged - ticked even - about projections of a record tick season. Watch out for those bloodsuckers! |
| What is inflation doing to Americans? | This Week In Mid-Michigan | 06/11 | 6:30AM | 10:34 | Kristina Schuler Financial Expert How is inflation affecting the average American? |
| Is the Haze from the Canadian Wildfires hurting Michigan's golf time? | This Week In Mid-Michigan | 06/11 | 6:30AM | 8:25 | Chris Whitten Michigan Golf Association How is the haze affecting golf courses around the mitten state? |
| Traveling and Michigan where should you go? | This Week In Mid-Michigan | 6/18 | 6:30AM | 8:00 | With Dave back from vacation, Mike and Dave discuss his trip and the latest on travel around the state. |
| Father's eve what is it and how can we celebrate | This Week In Mid-Michigan | 6/18 | 6:30AM | 5:00 | The creator of Father's Eve talks with Mike about the creation of Father's Eve. |
| Noah is excited about becoming a father for the first time | This Week In Mid-Michigan | 6/18 | 6:30AM | 5:00 | Mike and Noah talk about the joy and journey of being a Father, ahead of the birth of Noah's firstborn. |
| the virtue of fatherhood | This Week In Mid-Michigan | 6/18 | 6:30AM | 11:00 | A look at Father's Day and the heroic virtue behind it. |
| Summer reading with your kids | This Week In Mid-Michigan | 06/25 | 6:30AM | 10:25 | Mike and Jolee discuss the joys of summer reading. |
| What are the struggles with Gen Z in the workplace | This Week In Mid-Michigan | 06/25 | 6:30AM | 13:40 | Gen Z is struggling to follow "suit" in the workplace. |
| Jazz singer from Owoosso stops in | This Week In Mid-Michigan | 06/25 | 6:30AM | 8:30 | Ryan talks about his new album that was just recently released. |
| Who will win best mullet? | This Week In Mid-Michigan | 07/02 | 6:30AM | 5:22 | Kevin Begola Founder - USA Mullet Championships:USA Mullet Championships will crown a new Mullet King next month. |
| How are Evs and AI affecting our infrastructure? | This Week In Mid-Michigan | 07/02 | 6:30AM | 9:43 | David Des harnais President/CEO - Rekor Systems:How are EVs and AIs affecting the future of road infrastructure? |
| Jeff Monosso talks the team up with Ford and | This Week In Mid-Michigan | 07/02 | 6:30AM | 7:49 | Jeff Monosso FOX News RadioThe Ford Motor Company and Team Rubicon |

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| Rubicon | | | | | forming a critical on the ground support team for severe weather, such as hurricanes, tornados, and earthquakes. |
| How is gas looking right now around Michigan | This Week In Mid-Michigan | 07/02 | 6:30AM | 5:20 | Adrienne Woodland AAA Spokesperson Your weekly update with AAA at the fuel pump. |
| Scott Shea talks about the highway songs we all love | This Week In Mid-Michigan | 07/09 | 6:30AM | 11:58 | Scott Shea Music Expert: What are the best summer road trip anthems? |
| Dr. Braccio talks about how we catastrophize | This Week In Mid-Michigan | 07/09 | 6:30AM | 10:25 | Dr. John Braccio Regional Psychological Services - East Lansing: Dr. Braccio joins Mike a day early to talk about how humans may catastrophize and what that means. |
| Paul Powers talks about AI | This Week In Mid-Michigan | 07/09 | 6:30AM | 7:40 | Paul Powers Physna - CEO:Are we destined for an AI extinction event? |
| What will your children be left with? | This Week In Mid-Michigan | 07/16 | 6:30AM | 8:53 | Ed Butowski Financial Strategist: Are you leaving anything for your children? |
| Employers what are they asking when you are searching for a new job? | This Week In Mid-Michigan | 07/16 | 6:30AM | 6:57 | Casey Hasten Hiring Expert:What can employers ask for when applying for a new job? |
| How are Gen z and boomers getting along | This Week In Mid-Michigan | 07/16 | 6:30AM | 12:12 | Kristin Geez Advising Gen Z - Founder:Why and how are Boomers annoying Gen Z in the workplace? |
| Judy Gaman talks about the importance of sleep | This Week In Mid-Michigan | 07/23 | 6:30AM | 11:48 | Jusdy Gaman Healthy Living Expert:Judy explains the power and importance of a good night's sleep. |
| Can toxic parental relationship create narcissistic kids? | This Week In Mid-Michigan | 07/23 | 6:30AM | 11:40 | Kim Muench Certified Parenting Coach: Can toxic parenting create a narcissic child? |
| Stores are leaving employees out to dry | This Week In Mid-Michigan | 07/23 | 6:30AM | 5:20 | Ken Belkin Attorney at Law:A clerk's attempt to stop shoplifters may cost him his job, sparking a greater discussion as to why on earth store employees are left to defend their businesses from thieves law enforcement and prosecutors aren't |

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| | | | | | punishing. |
| Kristy Kearns talks about money in relationships | This Week In Mid-Michigan | 07/30 | 6:30AM | 11:00 | Kristy Kearns Relationship Expert: If you have a poor financial background, is it harder to find a relationship. |
| How can you be safe when go to parks? | This Week In Mid-Michigan | 07/30 | 6:30AM | 10:10 | Carolyn McLean Amusement Park Safety Expert: Carolyn brings us some do's and don'ts for park-goers. |
| Barry levenson and Mike talk Mustarf | This Week In Mid-Michigan | 07/30 | 6:30AM | 10:20 | Barry Levenson National Mustard Museum:Barry and Mike discuss all things mustard. |
| Kristina talks about retirees and their money | This Week In Mid-Michigan | 08/06 | 6:30AM | 7:00 | Kristina Schuler Financial Strategist: Kristina tells us how retirees are underestimating how long they will live. |
| Andrew talks about schools and their cyber security | This Week In Mid-Michigan | 08/06 | 6:30AM | 9:10 | Andrew Sternke DarkBox Security:Ransomware hackers are now targeting schools to collect student personal information. |
| Tonya helps Mike with the best sandwhich | This Week In Mid-Michigan | 08/06 | 6:30AM | 5:45 | Tonya Powers FOX News Radio:What makes the best sandwhich? |
| Jeff Monosso on the costliest school year | This Week In Mid-Michigan | 08/06 | 6:30AM | 9:15 | Jeff Monosso FOX News Radio: This year is projected to have the costliest "back to school" ever. |
| Dr. Braccio talks about navigating argumentative people | This Week In Mid-Michigan | 8/13 | 6:30AM | 10:35 | Dr. John Braccio Regional Psychological Services - East Lansing: How do we deal with the abrasive and argumentative people in our lives? |
| Is the market returning on cars? | This Week In Mid-Michigan | 8/13 | 6:30AM | 9:30 | Art Flores Financial Expert: Is the new car market becoming more affordable? |
| Retirees returning to the workforce | This Week In Mid-Michigan | 8/13 | 6:30AM | 11:00 | David Duston Retirement Planning Specialist:60% of retirees wish they had planned their retirement differently. What are some of the biggest mistakes made when planning to retire? |
| The Best ways to pay off credit card debt | This Week In Mid-Michigan | 8/20 | 6:30AM | 9:45 | Paul Oster Credit Expert:How to payoff credit debt with Paul Oster! |
| The effects of AI on | This Week In Mid- | 8/20 | 6:30AM | 10:31 | Patrick Kucera "The Entrepreneurial |

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| small businesses | Michigan | | | | Evangelist":How will AI affect small businesses? |
| Lending a helping hand to those in Hawaii | This Week In Mid-Michigan | 8/20 | 6:30AM | 8:18 | David Olejarz American Red Cross:How can you help those who need aid after the fires in Hawaii? |
| Do you regret your tattoos? | This Week In Mid-Michigan | 8/27 | 6:30AM | | Elizabeth Demoraes Image Coach: Do you regret getting your tattoos? |
| How can you have a joyful life | This Week In Mid-Michigan | 8/27 | 6:30AM | | Loka Pandya the keys to a joyful life |
| Girl dinner | This Week In Mid-Michigan | 8/27 | 6:30AM | | Krystalore Crews Former NFL Cheerleader: what is a "Girl Dinner" |
| The son of Merle Haggard stops by | This Week In Mid-Michigan | 9/3 | 6:30AM | 8:10 | Ben Haggard Guitar player: Merle's son Ben Haggard joins Mike to discuss the music business, and what it is like to have a Music Hall of Famer as a dad. |
| Kelly-Ann Winget talks how we can grow our wealth | This Week In Mid-Michigan | 9/3 | 6:30AM | 8:42 | Kelly-Ann Winget Wealth Strategist:How can we grow our wealth through alternative investments? |
| Dave Lorenz talks about Michigan's Beauty | This Week In Mid-Michigan | 9/3 | 6:30AM | 8:24 | Dave Lorenz Travel Michigan: Where's everyone headed for Labor Day Weekend? |
| Groovy News | This Week In Mid-Michigan | 9/3 | 6:30AM | 5:05 | Mike and Noah go over Groovy News with each other. |
| Can we expect changes to gas prices? | This Week In Mid-Michigan | 9/10 | 6:30AM | 8:27 | Adrienne Woodland AAA Spokesperson: Where are gas prices at post-Labor Day weekend? |
| The largest walk on the Mackinac bridge since 2016 | This Week In Mid-Michigan | 9/10 | 6:30AM | 8:25 | Owen Brooks WILS: Around 35-thousand turned out to walk the Mackinac Bridge on Monday, and 1320 WILS producer Owen Brooks was one of them. |
| Rejection is something difficult that we deal with in life what are good mechanisms we can use to handle it | This Week In Mid-Michigan | 9/10 | 6:30AM | 10:15 | Dr. John Braccio Regional Psychological Services - East Lansing: Whether we're looking for a job, or looking for a relationship, we often face rejection. What are good ways to handle those rejections? |
| Tami Manis talks about her world record mullet | This Week In Mid-Michigan | 9/10 | 6:30AM | 4:34 | Tami Manis World Record Holder - Longest Mullet: The "Queen of the |

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| | | | | | Mullets" joins Your Morning Wake-Up to go over being a recent record breaker. |
| Jim Dreyer attempt to swim Lake Michigan | This Week In Mid-Michigan | 9/17 | 6:30 | 10:55 | Jim Dreyer Great Lakes swimmer: Jim describes his aborted attempt to swim across Lake Michigan. |
| How does the latte factor affect us? | This Week In Mid-Michigan | 9/17 | 6:30 | 7:50 | Kelly Ann Winget Alternative Wealth Partners: What is the latte factor? |
| Michigan's own vodka makers | This Week In Mid-Michigan | 9/17 | 6:30 | 10:15 | Anthony Tomey 8 Mile Vodka: Mike has a spirited discussion with Anthony Tomey, who is creating world-class vodka right here in Michigan. |
| Do we have trouble with certain languages? | This Week In Mid-Michigan | 9/24 | 6:30 | 9:00 | Jesus Garcia Language Expert: Jesus and Mike discuss issues dealing with languages. |
| Ten Colleges have joined together to help students | This Week In Mid-Michigan | 9/24 | 6:30 | 8:30 | Dr. Dan Hurley CEO - Michigan Association of State Universities: 10 Michigan colleges have joined the Michigan Assured Admission Pact (MAAP), which looks to streamline the admissions process for graduating high-schoolers with a GPA of 3.00 or higher. |
| Lauren Thompson-Philips talks clean up after serious storm season in Michigan | This Week In Mid-Michigan | 9/24 | 6:30 | 8:15 | Lauren Thompson-Philips Michigan State Police Public Information Officer: The state continues to aid cleanup efforts after last month's storms. |
| Lighthouse living! | This Week In Mid-Michigan | 9/28 | 6:30 | 11:30 | Jill Ore White Shoal Light Preservation Society: What's it like to live on a lighthouse? |
| Joe Cardinale Helps with finding deep fakes | This Week In Mid-Michigan | 9/28 | 6:30 | 10:45 | Joe Cardinale former NYPD: How to see through the rise of deep fakes, and how scary can they be? |
| power outages and shortages Consumer's Energy | This Week In Mid-Michigan | 9/28 | 6:30 | 9:00 | Brian Wheeler Consumers Energy Brian lays out Consumers Energy's 9-billion dollar "Reliability Road Map", a five- |

