



94.9FM WOLX, Mix 105.1 FM, 105.5 Triple M  
7601 Ganser Way, Madison, WI. 53719

**Public Affairs Main Issues/Programs List**  
**Station WMHX (105.1 FM)**  
**(Waunakee, WI)**  
**Quarter 1 (01/01/2024) to (3/31/2024)**

<b>LOCAL PROGRAMMING</b>			
<b>Issue</b>	<b>Program Title</b>	<b>Brief Description / Specific to Issue</b>	<b>Date/Time of Broadcast</b>
<b>Suicide/mental health</b>	The Weekend Perspective	Victor Armstrong, vice president of the American Federation for Suicide Prevention and volunteer Steve Stiple discuss mental health and suicide, particularly in the male population.	03/17/24 – 5-6am
<b>Environment</b>	The Weekend Perspective	Jeffrey H. Ryan talks about the forward thinkers who worked to preserve our public lands for future generations. The book is called "This Land Was Saved For You and Me."	02/11/24 – 5-6am
<b>Alcohol/drugs</b>	The Weekend Perspective	Local musician and author Mike Massey talks about his book, "More: A Memoir," about almost making it as a rock star, and "flipping the switch" to a sober life.	02/25/24 – 5-6am
<b>Social Justice</b>	The Weekend Perspective	Community Shares Executive Director Cheri Dubiel talks about a one-day fundraiser for her member organizations working for social, economic and environmental justice.	03/03/24 – 5-6am
<b>Racism</b>	The Weekend Perspective	How We Win The Civil War: Author Steve Phillips discusses his book "How We Win The Civil War," and how racism is still prominent in 2024 and our political systems.	02/17/24– 5-6am
<b>Health</b>	The Weekend Perspective	Dietician Marla Heller talks about her book "The Dash Diet Weight Loss Solution," and lifestyle changes that can help us become healthier and lose weight.	01/14/24– 5-6am
<b>Women's history</b>	The Weekend Perspective	Author Shelley Fraser Mickle talks about the life of President Theodore Roosevelt's daughter Alice, who was the Taylor Swift of the early 1900s.	03/10/24– 5-6am
<b>Parenting</b>	The Weekend Perspective	Psychotherapist Joanne Stern talks about how to reconnect with your kids and her book "Parenting Is A Contact Sport."	03/31/24 5am-6am

## 2024 Q-1 Issues Report Audacy Madison

### Audacy Issues 2024 Q1

#### **Jan. 7 Health, Mental Health, Parenting**

Dr. Michael Garko discusses what we can do to boost our immune system during cold and flu season.

Dr. Martin Horowitz talks about his book *A Course In Happiness* and how to master stress and find a balanced happy life.

Lara Zibners talks about the book *"If Your Kid Eats This Book, Everything Will Still Be Okay."* How to keep your kids safe without being overprotective.

#### **Jan. 14 Drug abuse and addiction, health, jobs**

Dr. Paul Christo of Johns Hopkins Universities discusses the current drug overdose epidemic and the role of the synthetic opiate fentanyl.

Dietician Marla Heller talks about her book *"The Dash Diet Weight Loss Solution,"* and lifestyle changes that can help us become healthier and lose weight.

Attorney Donna Ballman gives us the low-down on employee rights from her book *"Stand Up For Yourself Without Getting Fired."*

#### **Jan. 21 Literacy, Health and nutrition, Culture**

Literacy expert Pam Allyn tells us about her book *"Every Child A Super Reader"* and how to get your kids to love reading.

Nutrition expert Annie Bond tells us how eating true, unprocessed organic foods can make us healthier. Book: *True Food: 8 Simple Steps To A Healthier You.*

Author Ray Padgett talks about his book *Cover Me: The stories behind the cover songs of all time and their significance in pop culture.*

#### **Jan. 28 Grief and suicide, songwriting**

Guests Paul Augustiniak, who lost his wife to suicide, and Dr. Christine Yu Moutier of the American Federation For Suicide Prevention discuss grief, loss and suicide. Two 15 minute segments from Audacy

Musician and author Beth Kille discusses her book *"Embrace Your Authentic Songwriter: How and Why To Play Your Own Tune."* Runs 14:02

#### **Feb. 4 Aging and health, history, personal growth**

Dr. Daniel Amen talks about what you need to do to keep your brain healthy and avoid Alzheimer's Disease and other forms of dementia.

Bulent Atalay, author of the book *"Leonardo's Universe"* talks about the life and legacy of Leonardo DaVinci and how he was very much ahead of his time.

Social psychologist Adam Waytz tells us how to improve the world by becoming more human and recognizing the humanity in others. Book is called *"The Power Of Human."*

**Feb. 11 Relationships, Tourism, Environment**

Helen La Kelly Hunt co-author of the book "Getting The Love You Want" tells us how to transform our relationships into a lasting source of love and companionship.

Author Dannelle Gay tells us about her book "100 Things To Do In Wisconsin Before You Die"

Jeffrey H. Ryan talks about the forward thinkers who worked to preserve our public lands for future generations. The book is called "This Land Was Saved For You and Me."

**Feb. 18 Business/entertainment, presidential history**

Studio Exec Ron Perlman and Cynthia Littleton from Variety Magazine, and others discuss the current state of the entertainment industry and the impact of streaming. (2 segments)

For President's Day weekend, author Ronald Gruner tells us about his book We The Presidents and gives us surprising information about presidents of the last 100 years.

**Feb. 25 Alcoholism and recovery, Health and nutrition, Consumer Issues**

Local musician and author Mike Massey talks about his book, "More: A Memoir," about almost making it as a rock star, and "flipping the switch" to a sober life.

Author Jeannette Hyde discusses her book "The Gut Makeover" and what to eat for a healthy digestive system to feel better and lose weight.

Matt Schiltz of the Federal Trade Commission discusses the #1 consumer complaint, imposter scams, and how to avoid them.

**March 3, 2024 Social justice, parenting, health**

Community Shares Executive Director Cheri Dubiel talks about a one-day fundraiser for her member organizations working for social, economic and environmental justice.

Author of "Time To Parent" Julie Morganstern gives tips including how to break the cellphone habit in themselves and kids.

Author and registered dietician Rebecca Scritchfield talks about her book "Body Kindness" and fantastic tips for transforming your mental and physical well-being and be happy at the same time.

**March 10 Women's History, Nutrition and health, Generation gap**

For Women's History Month, author Shelley Fraser Mickle talks about the life of President Theodore Roosevelt's daughter Alice, who was the Taylor Swift of the early 1900s.

Dr. Sheri Colberg talks about the importance of exercise when living with diabetes and pre-diabetes, and strategies for working exercise into your life.

Ben Kronengold and Rebekah Shaw, the youngest writers ever for the Tonight Show, discuss their new book, sudden success, and what it means to be part of Generation Z.

**March 17 Mental Health, Veterans Suicide, Race and Politics**

From Audacity: Men and Suicide. Victor Armstrong, vice president of the American Federation for Suicide Prevention and volunteer Steve Stiple discuss mental health and suicide, particularly in the male population.

From Audacy: Alex Silva from the American Federation for Suicide Prevention and other guests discuss mental health and suicide among military veterans.

How We Win The Civil War: Author Steve Phillips discusses his book “How We Win The Civil War,” and how racism is still prominent in 2024 and our political systems.

**March 24 Women’s history, Grief, Mental Health**

Author Rosalie Maggio introduces us to Marie Marvingt, the first female bomber pilot, & world class athlete from the first half of the 20th century. For Women’s History Month

Grief expert Russell Friedman gives us tips for dealing with the loss of a beloved pet. Book is called “Grief Recovery Handbook for Pet Loss.”

Psychologist David Levy tells us how to laugh and learn from tough experiences, and how to live in the moment.

**March 31 Life balance, parenting, religious extremism**

Author Sarah Ban Breathnach discusses her book “Simple Abundance” and how you can find joy and balance in life by expressing gratitude.

Psychotherapist Joanne Stern talks about how parents can reconnect with their children and her book “Parenting Is A Contact Sport.”

Patricia Walsh Chadwick talks about her book “Little Sister” and what it was like growing up in very restrictive religious cult.