



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 3 (7/01/2023) to (9/30/2023)**

<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>Mental Health</b>	I'm Listening	"Audacy presented the sixth annual I'm Listening, a live national program that brings together artists, athletes and medical specialists to raise awareness the importance of talking about and caring for our mental health.	9/20/23 – 7-9pm
<b>Environment</b>	The Weekend Perspective	Conservation Biologist Jono Neiger and author of the book “The Permaculture Promise” tells us how we can provide for ourselves and regenerate the natural world at the same time.	8/27/23 – 5-6am
<b>Literacy</b>	The Weekend Perspective	Literacy expert Pam Allyn tells us about her book “Every Child A Super Reader” and how to get your kids to love reading.	9/29/23 – 5-6am
<b>Jobs</b>	The Weekend Perspective	Guest Nancy Spears talks about her book “Buddha 9 To 5” and how the spiritual practices of Buddhism can help you get ahead in the corporate world.	7/23/23 – 5-6am
<b>Veterans issues</b>	The Weekend Perspective	Iraq war veteran and founder of Warrior Songs Jason Moon talks about his charity that helps veterans heal through music.	9/10/23 – 5-6am
<b>Aging</b>	The Weekend Perspective	Author Elizabeth Cockney talks about her book “Drawn From Memory” and how art can help people who are dealing with Alzheimers and other forms of dementia.	8/1/23– 5-6am
<b>Family Issues</b>	The Weekend Perspective	Lara Zibners talks about her book “If Your Kid Eats This Book, Everything Will Still Be Okay.” How to keep your kids safe without being overprotective.	9/10/23– 5-6am
<b>Hunger/Food Insecurity</b>	The Weekend Perspective	Kris Tazelaar with the Second Harvest Food Bank of Southern Wisconsin discusses food insecurity, food pantries, and ways we can help fight hunger.	9/17/23 5am-6pam

## **2023 Q3 WMMM Audacy Madison Issues**

### **July 2 Money, tourism, personal growth**

Eric Tyson, author of Personal Finance For Dummies, give us tips to get our children on the right track when it comes to finances.

Author Dannelle Gay tells us about her book "100 Things To Do In Wisconsin Before You Die" and tells us about off the wall tourist destinations.

Jim Rubens, author of the book "Oversuccess" tells us how to heal obsession with wealth, fame, power and perfection.

### **July 9 Veterans, emotional health, pets**

Iraq war veteran and founder of Warrior Songs Jason Moon talks about his charity that helps veterans heal through music.

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."

Kelly Schultz, medical director of Wiscares, tells us about an organization connected to the University of Wisconsin, which helps people with financial constraints care for and keep their pets.

### **July 16 Mental Health, Consumer Issues, Aging**

Eric Maisel, author of the book "Brainstorm" tells us how to make our obsessions work for us.

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

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.

### **July 23 Emotional well-being, nutrition and health, jobs**

Author Duff McDonald talks about his book "Tickled: A Common Sense Guide to the Present Moment" and how we need to stop focusing on numbers and live more in the moment.

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.

Guest Nancy Spears talks about her book "Buddha 9 To 5" and how the spiritual practices of Buddhism can help you get ahead in the corporate world.

### **July 30 Mental health, exercise and fitness, environment**

Psychotherapist Brenda Shoshanna talks about her book "Fearless: the 7 Principles of Peace of Mind," and how to let go of fears that are interfering with living happy lives.

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

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."

### **August 1, 2023 Aging & Dementia, Crime, Travel**

Author Elizabeth Cockney talks about her book "Drawn From Memory" and how art can help people who are dealing with Alzheimers and other forms of dementia.

Charles Brandt discusses his book about the life of Frank Sheeran, who spills the beans about the death of Jimmy Hoffa.

Andy Steves, author of "Andy Steves' Europe." We discuss how to get the best bang for your buck when traveling in Europe.

### **August 13 Local culture, ADHD, Relationships**

Author Cayce Osborne talks about her new mystery novel set in Madison, Wisconsin.

Author David Greenwood tells us how we can overcome symptoms of ADD and ADHD as adults. Book is called "Overcoming Distraction"

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.

### **August 20 Life skills, Immigration, Autism**

Gary John Bishop talks about his book "Stop Doing That Sh\*t" and how to stop sabotaging yourself to have the life you want

Author Cory Doctorow talks about his collection of novellas called "Radicalized" which takes on the issues of immigration, technology, gun violence, gender inequity and more.

Karl Taro Greenfield talks about his memoir "Boy Alone" and growing up with a brother with autism.

### **August 27 Opiate abuse, environment, jobs**

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

Conservation Biologist Jono Neiger and author of the book "The Permaculture Promise" tells us how we can provide for ourselves and regenerate the natural world at the same time.

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

### **Sept. 3 Parenting, Wisconsin history, health and nutrition**

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

Author Mike Bie talks about his book "Myths and Mysteries of Wisconsin" and shares stories about everything from pirates to pancakes from outer space.

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.

### **Sept 10 Culture, Parenting, Veterans and PTSD**

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

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

Iraq war veteran and founder of Warrior Songs Jason Moon talks about his charity that helps veterans heal through music.

### **Sept 17 Hunger, Obesity, Health Care System**

Kris Tazelaar with the Second Harvest Food Bank of Southern Wisconsin discusses food insecurity, food pantries, and ways we can help fight hunger.

Cardiologist James Beckerman, author of Flex Fitness, talks about the obesity epidemic and how to create a flexible diet and fitness plan that works for you.

Dr. Arthur Garson of the Health Policy Institute at the Texas Medical Center identifies the top myths about the health care system and how to make the system better.

### **Sept 24 Personal growth, pets, jobs**

Author Robert Mack tells us about the science of happiness and what we need to do to bring happiness to our lives.

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.”

Mark Perna talks about his book “Answering Why,” which promises to unleash performance among the younger generation, and fill the millions of jobs that are currently unfilled in this country.

**Sept. 29 Mental Health, Literacy and Education, Personal Growth**

Motivational speaker Vince Poscente tells us how to embrace the fast pace of life today and make it work for us.

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

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