



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 4 (10/01/2023) to (12/31/2023)

LOCAL PROGRAMMING			
Issue	Program Title	Brief Description / Specific to Issue	Date/Time of Broadcast
Veterans/Suicide	The Weekend Perspective	Brigadier General Jack Hammond, from the organization Home Base Nation, discusses how his organization is working to prevent suicide among veterans.	11/19/23 – 5-6am
Environment	The Weekend Perspective	Rachel McCay, author of the book Green At Work, tells us what we can do to make our workplaces more eco-friendly.	11/05/23 – 5-6am
Ukraine War	The Weekend Perspective	Dr. Douglas Davis talks about the war in Ukraine, what it means for global democracy, and what we can do to help.	10/15/23 –5-6am
Money & Finance	The Weekend Perspective	Author David Newby helps us avoid retiring poor and talks about the importance of financial education. Book is “Why Didn’t Anyone Teach Me This Crap?”	11/25/23 – 5-6am
Environment	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."	12/10/23 –5-6am
Health	The Weekend Perspective	Nutritionist Dr. Michael Garko discusses what we can do to boost our immune system during cold and flu season.	10/22/23– 5-6am
Ageing/Dementia	The Weekend Perspective	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.	12/3/23– 5-6am
Consumer Issues	The Weekend Perspective	Matt Schiltz of the Federal Trade Commission discusses the #1 consumer complaint, imposter scams, and how to avoid them.	11/12/23 5-6am

2023 Q4 Public Affairs Audacy Madison

Oct. 1 Personal growth, literacy, mental health

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.

Oct. 8 Emotional health, history, environment

Author Allan Klein talks about his book “Secrets Kids Know” and encourages us to make play part of our adult lives. Dennis McCann tells us how Wisconsin cemeteries can be great tourist attractions.

Author Edward Humes talks about his book “Garbalogy—Our Dirty Love Affair With Trash” about the world’s problem with too much trash and nowhere to put it, and how to solve the problem.

Oct 15. Ukraine, Human connection, nutrition/health

Dr. Douglas Davis talks about the war in Ukraine, what it means for global democracy, and what we can do to help.

Power Of Human 62419 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.”

Plant Diet 13022 Nutrition expert Julie Wilcox explains the benefits of a plant based diet, for our health, and the environment. Located in Audio Prison, Folders, Weekend Perspective mp3 Folder, Evergreen. Runs 13:47

Oct 22 Children’s Mental Health, Health (cold and flu)

Dr. Christina Moutier and Dr. Victor Armstrong from the American Foundation for Suicide Prevention talk about what we can do to help children with mental health issues during Children’s Mental Health Month (October)

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Oct. 29 Wisconsin stories, Madison culture, Women’s history

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 Anna Lardinois talks about some of Madison’s scariest places, from her book Madison Ghosts and Legends.

Author Shelley Fraser Mickle talks about the life of President Theodore Roosevelt’s daughter Alice, a strong woman who influenced her father and grew to immense popularity.

Nov. 5 Veterans Issues, Environment, Mental Health

Wis. Native George W. Kohn, retired USAF colonel, talks about his book “Vector To Destiny” and his journey to become a fighter pilot in Vietnam.

Rachel McCay, author of the book Green At Work, tells us what we can do to make our workplaces more eco-friendly.

Diane Hartingh Price and Susan Ives McCollum talk about the impact that stress has on our health and well-being and tell us how to tame it with writing exercises

Nov. 12 Consumer complaints, Wisconsin culture, women's history

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

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

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

Nov. 19 Veterans mental health and suicide, Jobs

Brigadier General Jack Hammond, from the organization Home Base Nation, discusses how his organization is working to prevent suicide among veterans.

Erin Fletcher from Wounded Warrior Project, and Tonya Oxendine, a US Army veteran, discuss efforts to help treat mental health issues among veterans.

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.

Nov. 26 Personal growth and gratitude, Mental Health, Financial education

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

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

Author David Newby helps us avoid retiring poor and talks about the importance of financial education. Book is "Why Didn't Anyone Teach Me This Crap?"

Dec. 3 Presidential politics, Aging and Health, Local culture

Author Ronald Gruner tells us about his book We The Presidents and gives us surprising information about presidents of the last 100 years.

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.

Author Cayce Osborne talks about her new mystery novel set in Madison, Wisconsin, and the writing process.

Dec. 10 Mental health, Environment, Money

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.

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."

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

Dec. 17 Generation gap, Personal growth, history and inventions

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.

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.

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.

Dec. 24 Health and nutrition, mental health, personal growth

Dr. Elise Schroeder talks about the benefits of Vitamin D, what happens when you don’t have enough, and how to get more of it.

Author Kirsten Pagacz talks about her book “Leaving the OCD Circus” her experience with the disorder and the various tools she used for healing.

Guest Daphne Rose Kingma gives us tips to help us deal with life’s toughest challenges, from losing a job, to having a terminal illness. Book: Ten Things to Do When Your Life Falls Apart.

Dec. 31 Health, Pain management, Jobs

Therapist Pat Lind-Kyle tell us how we can rewire our brains to benefit mental health and boost creativity.

Health psychologist Dr. Tracy Stein tells us how we can deal with chronic pain in ways other than using over the counter or prescription medicines.

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.