

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:

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 mid-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

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.

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.

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

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

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

					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

small businesses	Michigan				Evangelist":How will AI affect small businesses?
Lending a helping hand to those in Haiwaii	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

					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-

