

KXVV FM

1st Quarter 2024 Issues and Program Report

Dr. Hector Lozano

AIR DATE & TIME

LENGTH:

1/05/24-
1/12/24
11:00 PM

60 Min

KXVV- Dr. Lozano Programming

Public Information

TOPIC OF THIS SHOW: Meditation

Date aired: 1-5-2024

1-THE MPORTANCE OF PRACTICING MEDITATION.

Meditation can help you relax deeply and calm your mind. During meditation, you focus on one thing. You get rid of the stream of thoughts that may be crowding your mind and causing stress. This process can lead to better physical and emotional well-being.

In this study, researchers compared the brain scans of 50 people who meditated regularly over 20 years with the brain scans of those who didn't. Both groups showed a loss of gray matter as they aged, but there was less of a decline for those who meditated.

TOPIC OF THIS SHOW: Emotional addictions

Date aired: 1-12-2024

2-HOW TO ELIMINATE EMOTIONAL ADDITIONS.

What is an emotional addiction? Anger (rage, outbursts, frustration, disappointment, frustration, resentment), fear (anxiety, hesitation, doubt, lack of trust in self & others), sadness (helplessness, victim mentality, apathy, indifference).

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LENGTH:

1/19/24-
1/26/24
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60 Min

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TOPIC OF THIS SHOW: The power of forgiveness

Date aired: 1-19-2024

3-THE IMPORTANCE OF FORGIVING.

Letting go of grudges and bitterness can make way for improved health and peace of mind. Forgiveness can lead to: Healthier relationships. Improved mental. Forgiving others allows us to overcome feelings of anger, bitterness, or revenge. Forgiveness can heal spiritual wounds and bring the peace and love that only God can give.

TOPIC OF THIS SHOW: Emotions

Date aired: 1-26-2024

4-HOW TO HEAL EMOTIONAL WOUNDS

Some specific helpful strategies to make the process smoother, acknowledge the wound, practice self-compassion, seek support, practice mindfulness, engage in activities that bring you joy, allow yourself to feel, be patient, seek professional help. The 3 stages of emotional healing are, awareness (the first step in emotional healing is recognizing that you are experiencing pain, distress, or grief), acceptance (means embracing your emotions without judgment or resistance) , processing and release.

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LENGTH:

2/02/24-
2/09/24
11:00 PM

60 Min

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TOPIC OF THIS SHOW: Family relationships

Date aired: 2-02-2024

5-HOW TO IMPROVE THE RELATIONSHIP WITH PARENTS.

Some effective strategies for building relationships with parents are, communicate effectively, be knowledgeable and well informed, set realistic expectations, encourage student autonomy, address emotional concerns, foster collaboration, share success stories, use technology and resources. Keep in regular contact so your parents can get a better perspective on your life, what upsets you, and what makes you happy. If they do not know you that well, it will be difficult for them to try to improve the relationship.

TOPIC OF THIS SHOW: Negative learning

Date aired: 2-09-2024

6-HOW TO OVERCOME NEGATIVE LEARNING.

Self-reflection, forgiveness, mindfulness, and somatic exercises can help you unlearn these lessons. Resources that may help along the way include support groups, therapists, loved ones, books, and educators. You're never alone, and help is always available. How do I stop being toxic and manipulative?, get mental health support to examine and change toxic behaviors, learn the underlying reasons for toxic behaviors, apologize to the people you've hurt with your toxic behaviors.

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LENGTH:

2/16/24-
2/23/24
11:00 PM

60 Min

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Public Information

TOPIC OF THIS SHOW: Improve your memory

Date aired: 2-16-2024

7-WAY TO AVOID FORGETTING IMPORTANT THINGS.

You're more likely to forget things if your home is cluttered or your notes are in disarray. Keep track of tasks, appointments and other events in a notebook, calendar or electronic planner. You might even repeat each entry out loud as you write it down to help keep it in your memory. Keep to-do lists up to date.

TOPIC OF THIS SHOW: Origin of diseases

Date aired: 2-23-2024

8- WHERE DISEASES COME FROM.

The majority of all human infectious diseases and pandemics have originated through the cross-species transmission of microorganisms from animals to humans, overwhelmingly in the Old World. Disease outbreaks are usually caused by an infection, transmitted through person-to-person contact, animal-to-person contact, or from the environment or other media. Outbreaks may also occur following exposure to chemicals or to radioactive materials. For example, Minamata disease is caused by exposure to mercury.

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3/01/24
3/08/24
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TOPIC OF THIS SHOW: Entrepreneurial women

Date aired: 3-01-2024

9- ENTREPRENEURIAL WOMEN IN TIMES OF CRISIS.

What problem do the women face in their entrepreneurial activities? Women-owned businesses tend to receive less funding compared to those owned by men. Gender Bias and Stereotypes, prevalent gender biases can hinder women's credibility as business leaders. Stereotypes often affect how their ideas and capabilities are perceived, impacting access to resources, partnerships, and support.

TOPIC OF THIS SHOW: Childhood autism

Date aired: 3-08-2024

10- HOW TO HELP CHILDREN WITH AUTISM.

What is the best way to help a child with autism, be patient teach the child how to express anger without being too aggressive, be persistent but resilient, always stay positive, ignore irritating attention-getting behavior, interact through physical activity, be affectionate and respectful.

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3/15/24-
3/22/24
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60 Min

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TOPIC OF THIS SHOW: Negative emotions

Date aired:3-15-2024

11- HOW TO CONTROL ANGER.

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal, or do a few yoga poses – whatever it takes to encourage relaxation. Strategies for defusing our most dangerous Emotion, acknowledge the anger, reroute the anger, come up with a plan, contemplate consequences, approach with peace, engage empathy, communicate clearly.

TOPIC OF THIS SHOW: Community work

Date aired:3-22-2024

12- VOLUNTEERING CAN HELP YOU MORE THAN THE GROUP YOU ARE HELPING.

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, learn new skills, and even advance your career. When a group of people are together, working on a goal for the good of others, bonds form quickly and there is almost a lightness to it. Teams always walk away with a sense of accomplishment, a greater understanding of community, and a heart-warming people experience like no other.