

RADIO COMMUNITY ISSUES – PROGRAMS REPORT

CURVAS PELIGROSAS

ENTRAVISION HOLDINGS, LLC
2425 OLYMPIC BLVD STE 6000 W
SANTA MONICA, CA 90404 4030

QUARTER 4, 2015

October 1, 2015 – December 31, 2015

OCTOBER

CURVAS PELIGROSAS CON LUZ MARIA BRISEÑO

JOSE NETWORK 12 PM-1 PM MONDAY-FRIDAY

JOSE KLYY LOS ANGELES 1-2 PM 97.5/103.1 FM MONDAY-FRIDAY

OCTOBER 1, 2015

Issue: Health Care

Addison's Disease

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 1, 2015 at 12:08 pm

Description: She took a caller from Ciudad Juarez, Chihuahua, Mexico who suffers from Addison's disease, a disorder that occurs when your body produces insufficient amounts of certain hormones produced by your adrenal glands. In Addison's disease, your adrenal glands produce too little cortisol and often insufficient levels of aldosterone as well.

OCTOBER 1, 2015

Issue: Health Care

Kefir milk

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 1, 2015 at 1:04 pm

Description: Kefir milk or yogurt is packed with good micro-organisms, micro- and macro-nutrients, essential vitamins and minerals like proteins, vitamin B, vitamin K, folic acid, potassium, magnesium, phosphorus, among others.

OCTOBER 2, 2015

Issue: Health Care

Cramp on legs

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 2, 2015 at 12:26 pm

Description: besides, getting out to do some exercise, whoever is suffering such pain, should also drink a lot of water. Potassium, many produce items like fruits and vegetables are loaded with potassium. Many blood pressure meds waste potassium and can contribute to muscle cramps. Calcium plays an essential role in muscle contractions, so you should include some milk, yogurt, or another calcium-rich food in your diet every day!

OCTOBER 2, 2015

Issue: Health Care

What carbohydrates not to mix

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 2, 2015 at 1: pm

Description: Rice with potato cannot be consumed together.

OCTOBER 3, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 3, 2015

OCTOBER 3, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 3, 2015

OCTOBER 4, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 4, 2015

OCTOBER 4, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 4, 2015

OCTOBER 5, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 5, 2015 at 12 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 5, 2015

Issue: Health Care

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 5, 2015 at 1 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 6, 2015

Issue: Health Care

Supplement for bones

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 6, 2015 at 12:17 pm

Description: Calcium is key in the building of new bone. And bone development occurs every day of your life. Just as you shed skin cells and grow new ones to replace them, your body naturally removes old bone and replaces it with new.

OCTOBER 6, 2015

Issue: Health Care

Glucagon and Diabetes

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 6, 2015 at 1:03 pm

Description: In people with diabetes, glucagon's presence can raise blood glucose levels too high.

OCTOBER 7, 2015

Issue: Health Care

Lupus and Children

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 7, 2015 at 12:21 pm

Description: Eat plenty of fresh fruits and vegetables, whole grains, and moderate amounts of freshly cooked meats and poultry. Avoid or limit foods containing saturated fat, hydrogenated or

partially hydrogenated fats, or trans fats. Drink plenty of water (if there is no fluid restriction). Avoid or limit sugary foods and drinks.

OCTOBER 7, 2015

Issue: Health Care

Difference between animal protein and vegetable protein

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 7, 2015 at 1:

Description: Because animal protein is more similar to protein found in the human body, it is used up more rapidly than those found in plants. Protein that comes from animals is considered to be more complete, because it contains all of the essential amino acids that the body needs to function effectively. But despite these proteins' completeness and compatibility with the human body, there are risks associated with animal proteins. They can be high in cholesterol and fat, especially saturated fat, and a healthy diet shouldn't contain too much of either. Many animal proteins are also high in sodium. Veggies are great because they're low in calories and fat, and packed with vitamins and minerals, but most don't contain nearly as much protein per serving as meats do. In addition, the proteins that they do contain are less complete than those found in animal meat, meaning that they don't contain all of the various amino acids that the body requires.

OCTOBER 8, 2015

Issue: Health Care

Pro and cons on cooking with coconut oil

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 8, 2015 at 12:25 pm

Description: It has about 96 percent of saturated fat, which is bad for the human body. But, if you consume, you need to know how to consume it properly. You cannot eat bread if you consume coconut oil with chicken or fish.

OCTOBER 8, 2015

Issue: Health Care

What are fatty acids?

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 8, 2015 at 11:08 pm

Description: Fatty acids are carboxylic acid consisting of a hydrocarbon chain and a terminal carboxyl group, especially any of those occurring as esters in fats and oils.

OCTOBER 9, 2015

Issue: Health Care

What's good for warts...

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 9, 2015 at 12:22 pm

Description: Calcium deficiency, too much acid in the body, lack of minerals and vitamins can cause warts.

OCTOBER 9, 2015

Issue: Health Care

Testimony

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 9, 2015 at 1 pm

Description: Luz Maria took a special call from a person who had severe health issues such as diabetes and by changing her nutritional habits, she completely made a change for the better.

OCTOBER 10, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 10, 2015

OCTOBER 10, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 10, 2015

OCTOBER 11, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 11, 2015

OCTOBER 11, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 11, 2015

OCTOBER 12, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 12, 2015 at 12 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 12, 2015

Issue: Health Care

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 12, 2015 at 1 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 13, 2015

Issue: Health Issue

Diamond Black Fan Disease

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 13, 2015 at 12:24 pm

Description: It's a blood condition, very rare. Diamond-Blackfan anemia is a disorder of the bone marrow. The major function of bone marrow is to produce new blood cells. In Diamond-Blackfan anemia, the bone marrow malfunctions and fails to make enough red blood cells, which carry oxygen to the body's tissues. The resulting shortage of red blood cells (anemia) usually

becomes apparent during the first year of life. Symptoms of anemia include fatigue, weakness, and an abnormally pale appearance (pallor).

OCTOBER 13, 2015

Issue: Health Issue

Special testimony

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 13, 2015 at 1:22 PM

Description: A woman called, wanting to share a health testimony, all due to a stroke. Now, she is better than ever due to changing her ways in her nutrition.

OCTOBER 14, 2015

Issue: Health Issue

Last seminar of 2015

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 14, 2015 at 12 pm

Description: Luz Maria made a mention on air about her last seminar of the year. Tickets are on sale on www.ticketon.com and listeners will be able to win on air, by answering trivia questions. Her seminar will benefit those who are willing to change their nutritional habits to healthier ways. Seminar is on Sunday Nov. 8, 2015

OCTOBER 14, 2015

Issue: Health Issue

Last seminar of 2015

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 14, 2015 at 1 pm

Description: Luz Maria made a mention on air about her last seminar of the year. Tickets are on sale on www.ticketon.com and listeners will be able to win on air, by answering trivia questions. Her seminar will benefit those who are willing to change their nutritional habits to healthier ways. Seminar is on Sunday Nov. 8, 2015

OCTOBER 15, 2015

Issue: Health Issue

Special testimony show (pre-recorded)

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 15, 2015 at 12:27 pm

Description: A woman called in because like other, she wanted to share her health testimony.

OCTOBER 15, 2015

Issue: Health Issue

Special testimony show (pre-recorded show)

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 15, 2015 at 1:30 pm

Description: A woman called in because like other, she wanted to share her health testimony.

OCTOBER 16, 2015

Issue: Health Issue

Announcement weight loss contest

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 16, 2015 at 12:27 pm

Description: For the next 6 weeks, there will be a weight loss contest for online fb followers. There will be a 1st, 2nd and 3rd place winners who will win many gifts courtesy of Luz Maria's sponsors.

OCTOBER 16, 2015

Issue: Health Issue

Announcement weight loss contest

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 16, 2015 at 1:00 pm

Description: For the next 6 weeks, there will be a weight loss contest for online fb followers. There will be a 1st, 2nd and 3rd place winners who will win many gifts courtesy of Luz Maria's sponsors.

OCTOBER 17, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 17, 2015

OCTOBER 17, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 17, 2015

OCTOBER 18, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 18, 2015

OCTOBER 18, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 18, 2015

OCTOBER 19, 2015

Issue: Health Care

Monday of Testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 19, 2015 at 12 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 19, 2015

Issue: Health Care

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 19, 2015 at 1 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 20, 2015

Issue: Health Issues

Seminar tickets

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 20, 2015 12 pm

Description: Luz Maria gave out on air, regular and VIP tickets to those who want to attend her last seminar of the year 2015. As long as they answered her trivia questions correctly, they automatically win tickets. Her seminar is on November 8, 2015 at the Riverside Convention Center.

OCTOBER 20, 2015

Issue: Health Issue

Seminar Tickets

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 20, 2015 at 1 pm

Description: Luz Maria gave out on air, regular and VIP tickets to those who want to attend her last seminar of the year 2015. As long as they answered her trivia questions correctly, they automatically win tickets. Her seminar is on November 8, 2015 at the Riverside Convention Center.

OCTOBER 21, 2015

Issue: Health Issues

High blood pressure/chronic headaches

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 21, 2015 at 12:23 pm

Description: A listener called in to ask for advice on what vitamins to take for his chronic headaches and high blood pressure.

OCTOBER 21, 2015

Issue: Health Issue

Alzheimer

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 21, 2015 at 1:20 pm

Description: Luz Maria had an over the phone sponsor for Alzheimer's disease, letting the audience know about an "awareness event" regarding the disease.

OCTOBER 22, 2015

Issue: Health Issues

Seminar Tickets

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 22, 2015 12 pm

Description: Luz Maria gave out on air, regular and VIP tickets to those who want to attend her last seminar of the year 2015. As long as they answered her trivia questions correctly, they automatically win tickets. Her seminar is on November 8, 2015 at the Riverside Convention Center.

OCTOBER 22, 2015

Issue: Health Issue

Seminar Tickets

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 22, 2015 at 1 pm

Description: Luz Maria gave out on air, regular and VIP tickets to those who want to attend her last seminar of the year 2015. As long as they answered her trivia questions correctly, they

automatically win tickets. Her seminar is on November 8, 2015 at the Riverside Convention Center.

OCTOBER 23, 2015

Issue: Health Issues

Fibroids in the womb

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 23, 2015 at 12:24 pm

Description: A listener called in to ask for advice regarding her Fibroids in the womb. Luz Maria recommended her to take Hormone balance.

OCTOBER 23, 2015

Issue: Health Issue

Seminar Tickets

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 23, 2015 at 1:24 pm

Description: Luz Maria gave out on air, regular and VIP tickets to those who want to attend her last seminar of the year 2015. As long as they answered her trivia questions correctly, they automatically win tickets. Her seminar is on November 8, 2015 at the Riverside Convention Center.

OCTOBER 24, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 24, 2015

OCTOBER 24, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 24, 2015

OCTOBER 25, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 25, 2015

Description:

OCTOBER 25, 2015

Issue: Nothing to report

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 25, 2015

OCTOBER 26, 2015

Issue: Health Issues

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 26, 2015 at 12 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 26, 2015

Issue: Health Issue

Monday of testimonies

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 26, 2015 at 1 pm

Description: Monday of live testimonies, where listeners share their stories on how they lost weight and continued with nutrition, following Luz Maria's advice.

OCTOBER 27, 2015

Issue: Health Issues

Junk food

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 27, 2015 at 12:25 pm

Description: Luz Maria, once again, she reminds people how bad it is to eat junk food every single day, since it contains a lot grease and chemicals. It's ok to have a burger once in a while, but don't have that routine of having one almost every day.

OCTOBER 27, 2015

Issue: Health Issue

Exercise during pregnancy

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 27, 2015 1:36 pm

Description: A listener called in asking for advice regarding her sister in law being pregnant. Its always best for a pregnant woman to do some kind of exercise while in that condition, better blood flow, take omega 3, eat protein (chicken).

OCTOBER 28, 2015

Issue: Health Issues

Fragile nails

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 28, 2015 at 12:25 pm

Description: It's best to take iron, zinc, vitamin C, and group B vitamins.

OCTOBER 28, 2015

Issue: Health Issue

Stress

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 28, 2015 at 1:23 pm

Description: Drinking too much coffee, eating the wrong food and skipping meals, can cause physical stress on anyone.

OCTOBER 29, 2015

Issue: Health Issues

Organic vegetables

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 29, 2015 at 12:22

Description: Organic crops must be grown in safe soil, have no modifications, and must remain separate from conventional products. Farmers are not allowed to use synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilizers, and sewage sludge-based fertilizers.

OCTOBER 29, 2015

Issue: Health Issue

Last seminar of the year/ticket giveaway

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 29, 2015 at 1pm

Description: Luz Maria gave out tickets to her last seminar of the year to those who called in. This seminar will be completely different from the rest of her seminars.

OCTOBER 30, 2015**Issue: Health Issues**

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 30, 2015

Description:

OCTOBER 30, 2015**Issue: Health Issue**

Alopecia areata

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 30, 2015 at 12:24 pm

Description: Alopecia is the medical term for baldness; there are various types of alopecia, including alopecia areata. Alopecia areata is a condition that causes a person's hair to fall out. It is an autoimmune disease; that is, the person's immune system attacks their own body. In this case, their hair follicles. When this happens, the person's hair begins to fall out, often in clumps the size and shape of a quarter. The extent of the hair loss varies; in some cases, it is only in a few spots. In others, the hair loss can be greater.

OCTOBER 31, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 31, 2015

OCTOBER 31, 2015**Issue: Nothing to report**

Program: Curvas Peligrosas con Luz Maria Briseño

When: October 31, 2015