



QUARTERLY ISSUES AND PROGRAMS REPORT

FOR

STATION WLZL

4th QUARTER, 2023
(October 1 through December 31)

Prepared by:

Maria Esther Caceres, *Tu Familia* ZolHost and Producer

WLZL Programs That Address Community Issues

(Regularly Scheduled Public Affairs Programs)

4thQuarter, 2023

Public Affairs Program

Schedule and Description

1. Tu Familia Zol
Sundays, 10:00 a.m.-11:00 a.m. Produced by Maria Esther Caceres. This show talks with representatives of different organizations regarding social issues of local and national concern.

Most Significant Issue-Responsive Programming
4thQuarter, 2023
(October 1 through December 31)

ISSUE: Workers

Tu Familia Zol
October 1st, 2023
10:47 a.m.
12 minutes of a 60 minute program

The janitorial workers union SEIU 32BJ negotiates with the Washington DC Janitorial Services Contractors Association. The goal is to sign a decent work contract for janitorial employees in the District of Columbia, Maryland, and Virginia. Salary and labor improvements for nine thousand cleaning employees, most Latinos, depend on negotiations between the cleaning union and the contractors association. The Executive Vice President of SEIU 32 BJ, Jaime Contreras, explains how inflation levels, housing, and food do not allow workers to work one job only. Also, the contractors' association stopped hiring workers last year, causing a significant workload for those who remain.

ISSUE: Business/Employment

Tu Familia Zol
October 1st, 2023
10:47 a.m.
12 minutes of a 60 minute program

Specialty Equipment Market Association (SEMA) represents more than seven thousand companies in the automotive industry parts market. SEMA members manufacture specialty vehicle parts and accessories. According to a new national study, the automotive parts industry supports more than 1.3 million jobs in the US and accounts for at least \$104 billion in annual wages and benefits. SEMA supports legislation that helps build up innovation and preserve the environment. For example, SEMA is sponsoring a California bill that provides a rebate of up to \$4,000 for those who convert an existing internal combustion car or truck to an EV. This type of rebate would both foster new technology and help the state meet its environmental goals.

ISSUE: Health

Tu Familia Zol
October 1st, 2023
10:47 a.m.
12 minutes of a 60 minute program

Now that autumn is approaching, COVID-19 and flu may become the center of public attention since more people gather behind closed doors, without going outside, and the greater the concentration of people, the greater the possibility of contagion. The new omicron strain of the COVID-19 virus is in the environment. This strain is not so severe; however, to prevent it, there is a new monovalent booster vaccine to protect people so that if they become infected with COVID-19, this disease won't be severe. At the same time, people should always wear a mask when attending crowded public places. In addition, everyone can receive the influenza and the COVID booster vaccines at the same time.

ISSUE: Environment

Tu Familia Zol
October 1st, 2023
10:47 a.m.
12 minutes of a 60 minute program

Reforest Montgomery is a program that favors and promotes reforestation in Montgomery County. Through this program, trees are planted in forests throughout the county in addition to programs aimed at neighborhoods, parks, and homeowners. The Forest Conservation Fund finances the replacement of forest trees and lost canopies in certain areas around the county. The Free Tree program is open from October 1 and will close on October 8. Residents living in Equity Forest Areas with limited resources and whose first language is not English are a priority. Those interested can choose trees from the species offered on the website. A second application will open in February. The trees are free and include tree planting through contractors working for Montgomery County.

ISSUE: Immigration

Tu Familia Zol
October 8th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Immigrant activists from more than 20 progressive pro-immigrant organizations, including FIRM, CASA, CHIRLA, Make the Road New York, and community members impacted by immigration policies, will travel from across the country to gather in the nation's capital to ask President Biden and members of Congress to keep their promises and protect immigrant families. The rally is scheduled for Thursday, September 28 at 2 p.m. Hundreds of people will gather in Lafayette Square, where family members of affected immigrants and advocates will share their stories to ask the current administration of President Biden for a path to citizenship for millions of undocumented immigrants and DACA and TPS beneficiaries.

ISSUE: Mental Health

Tu Familia Zol
October 8th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Dr. Hector Colon Rivera, spokesperson for the American Psychiatric Association, shared the results of a survey that shows that Americans are more open to talking about substance use disorder and behavioral addictions and are also more open to asking for help in case of having to assist a family member. Dr. Colón said that the concept of substance abuse has changed by the term substance use disorder, conceptualized as the use of any substance for more than twelve months. When it comes to behavioral addictions, whether gambling, pornography, or exercise, for example, when it becomes an obsession or compulsion, it becomes an addiction. Once these obsessive behaviors affect work, sleep, temperament, family, or daily activities, it can be considered a behavioral addiction, much like substance use disorder.

ISSUE: Health

Tu Familia Zol
October 8th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Beginning during Hispanic Heritage Month, the American Heart Association has launched two new awareness campaigns about heart health, healthy eating, and Cardiopulmonary Resuscitation CPR targeted to Spanish-speaking communities. In the United States, Hispanics-Latinos and African Americans are at a higher risk for out-of-hospital cardiac arrest with a poor prognosis due to longstanding structural racism and social policies that have limited access to quality education and health care. CPR is also less common in Black and Hispanic-Latino neighborhoods.

ISSUE: Child Safety

Tu Familia Zol
October 8th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Child safety is of utmost importance. So many childhood deaths, injuries, and accidents are preventable. Injury is the #1 killer of children and teens in the United States. In 2019, more than 9,000 youth aged 0-19 died from unintentional injuries in the United States. Millions more children suffer injuries requiring treatment in the emergency department. Leading causes of child injury include motor vehicle crashes, suffocation, drowning, poisoning, fires, and falls.

ISSUE: Children/Financial literacy

Tu Familia Zol
October 15th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Financial literacy classes teach children about checking and savings accounts and the value of money and goods, including thinking about the negative consequences of overspending. According to research, children begin to understand the basic concepts of money at three years old and start having monetary habits at 7. Our guest, Alfonso Guzmán, said children learn the value of savings from a young age through allowances, and there are bank accounts for children so they can learn to value savings. These accounts are for 6-year-old children and up and are linked to the parents' accounts so that they can control any transaction and also add money.

ISSUE: Health

Tu Familia Zol
October 15th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Dr. Federico Asch, a spokesperson from the American Heart Association, cardiologist, and member of the board of the American Society of the Heart, spoke about the “Together at the Table” campaign Aimed at the Latino community. This campaign aims to help people eat better and this way to prevent diseases in the community such as diabetes, hypertension, heart problems, and overweight. Dr. Asch recommended avoiding excessive consumption of fats, salt, and sugar and practicing exercises since this contributes to modifying eating behavior.

ISSUE: Workplace Safety and Health

Tu Familia Zol
October 15th, 2023
10:47 a.m.
12 minutes of a 60 minute program

A DOL spokesperson announced the Whistleblower Protection program that protects workers against retaliation from a bad employer. He also mentioned that immigration status is not a limitation to complain to the Department of Labor. This Hispanic Heritage Month, the US Department of Labor is raising awareness among Hispanic workers about the Whistleblower Protection Program. Workers have the right to notify a supervisor or employer of a hazardous condition, report a workplace injury or illness, refuse to perform a dangerous task, or request an inspection at the workplace by OSHA. If an employer has retaliated against a worker, the worker must file a retaliation complaint with OSHA within 30 days of the alleged adverse action.

ISSUE: Education

Tu Familia Zol
October 15th, 2023
10:47 a.m.
12 minutes of a 60 minute program

For over 15 years, Healthier Generation has worked with schools, youth-serving organizations, businesses, communities, and families to promote health equity environments that support whole child health. Their work has impacted 31.1 million children in the country by increasing access to nutritious foods, high-quality physical activity, social-emotional support, and tobacco-free environments. Healthier Generation recognized Sergeant Shriver Elementary School in Montgomery County as one that elevated better nutrition and physical activity levels this year. Latino students represent 80% of the population, and parents participate in different school activities such as the Let's Play a Soccer campaign, in which, after practicing soccer, families receive free fruits and vegetables once a month. The school also promotes mental health with the support of a therapist for students and families in need.

ISSUE: Workers

Tu Familia Zol
October 22nd, 2023
10:47 a.m.
12 minutes of a 60 minute program

The janitorial workers union SEIU 32BJ reported the results of negotiations with the Washington DC Cleaning Services Contractors Association. The contractors and the union reached a new agreement to increase the salary of the janitorial workers and maintain their benefits, most of them of Latino origin from the District of Columbia, Maryland, and Virginia. The salary and labor improvements of nine thousand cleaning employees will be gradually thanks to the collective agreement negotiated every four years. Salary improvements fluctuate between 4 and 5 percent. Additionally, union members have a legal fund if they need legal advice on immigration issues. Unfortunately, due to the pandemic, the union lost around 25 members who died from Covid-19.

ISSUE: Dreamers/DACA

Tu Familia Zol
October 22nd, 2023
10:47 a.m.
12 minutes of a 60 minute program

One of the most prominent defenders of young Dreamers, Gaby Pacheco, was named Director and Executive President of The Dream US. TheDream.US is a nation's college and career program for undocumented immigrant youth that provided more than 10,000 college scholarships to Dreamers attending 80+ partner colleges in 20+ states and Washington, DC. They believe everyone, regardless of where they were born, should have equitable access to a college education, a meaningful career, and opportunities to contribute to the communities they call home. In 2010, Gaby Pacheco, together with Felipe Matos, Carlos Roa, and Juan Rodríguez, embarked on the Path of Dreams, a journey from Miami, Florida, to reach Washington DC, to support the DreamAct to grant legal status to young immigrants brought by their parents to the United States.

ISSUE: Health/Women

Tu Familia Zol
October 22nd, 2023
10:47 a.m.
12 minutes of a 60 minute program

Two new guidelines have been published this year that affect women and their decisions about breast care. The US Preventive Services Task Force (USPSTF) now recommends that women at average risk of developing breast cancer begin having regular mammograms at age 40, ten years earlier than previously established. Additionally, a new FDA rule requires that starting next year, all breast centers notify women of their breast density, considered a risk factor for breast cancer, in their mammogram report. Breast cancer rates are increasing among young women, and overall breast cancer incidence rates have increased by 0.5% each year.

ISSUE: Health/Women

Tu Familia Zol
October 22nd, 2023
10:47 a.m.
12 minutes of a 60 minute program

Having a family history of breast cancer increases the risk of developing it, but it is believed that only between 5% and 10% of breast cancers have a hereditary component. Due to disparities in access to health care, Hispanic women may be less likely to be up-to-date on their mammograms compared to non-Hispanic white women. Although Hispanic and Latina women are less likely to be diagnosed with breast cancer compared to non-Hispanic whites, some research indicates that they are more likely to be diagnosed with more advanced diseases.

ISSUE: Health

Tu Familia Zol
October 29th, 2023
10:47 a.m.
12 minutes of a 60 minute program

According to statistics, more than 500,000 Americans die annually from cardiovascular problems. The American Heart Association invites the community to participate in the Heart Walk scheduled for November 4 at the National Mall. During the walk, there will be Cardiopulmonary resuscitation demonstrations where people can practice. The walk will promote physical activity and healthy eating as part of heart care. Going to the doctor regularly to prevent health problems should be a priority.

ISSUE: Research

Tu Familia Zol
October 29th, 2023
10:47 a.m.
12 minutes of a 60 minute program

For 40 years, the National Institutes of Health (NIH) has been sending money to foreign laboratories where experimenters have addicted rats and dogs to cocaine, caused strokes in monkeys, cut the vocal cords and spinal cords of rabbits, and forced mice to ingest amphetamines and alcohol, among other cruel and useless experiments on animals. In Colombia, a research group received \$17 million from US taxpayers over two decades to develop a malaria vaccine that was never produced. An 18-month PETA investigation led to the closure of a laboratory, the rescue of 108 abused monkeys and 180 mice with no veterinary care, and an audit of experimenters' contracts. The new Ceasing Animal Research Grants Abroad (CARGO) bill would prevent the NIH from giving money to foreign labs to experiment on animals.

ISSUE: Children/Health

Tu Familia Zol
October 29th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Respiratory syncytial virus (RSV) is a common respiratory virus that can infect people of all ages. It is so common that most children have been infected with the virus by age 2. Most people, including infants, usually develop mild symptoms similar to a common cold, with congestion, runny nose, and cough. But for some, it can be severe and even life-threatening. An injection, a monoclonal antibody, has now been developed to boost the immune system of babies and young children if they contract syncytial virus.

ISSUE: Health

Tu Familia Zol
October 29th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Alzheimer is a brain disease that causes a slow decline in memory, thinking, and reasoning skills. Latinos are 1.5 times more likely to develop Alzheimer than non-Hispanic according to the Alzheimer's Association. Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia, and there are at least ten warning signs and symptoms. Latinos often go undiagnosed or diagnosed later when the disease is already present and advanced. When a sign of Alzheimer's is noticed is best to schedule an appointment with a doctor as soon as possible

ISSUE: Veterans

Tu Familia Zol
November 5th, 2023
10:47 a.m.
12 minutes of a 60 minute program

On Veterans Day, a former US Marine explained to the audience about the Veterans and Military Affairs Initiative, a program created by JPMorgan Chase, which has turned ten years old. This program's mission is to attract, retain, and develop the veteran corps' abilities, support veteran-started businesses through access to capital, provide resources and tools for military families, and support veterans with philanthropic financial resources. Since 2011, the Initiative has hired 18 thousand veterans and plans to hire two thousand more. The Initiative also works with the US Department of Defense to hire more veterans. A 92 percent of military spouses are women, which means skilled military wives need opportunities to leverage their leadership skills. Supporting spouses is supporting military members.

ISSUE: Health/HIV

Tu Familia Zol
November 5th, 2023
10:47 a.m.
12 minutes of a 60 minute program

According to statistics, 30 percent of people detected with HIV are Latino, which represents a high number compared to other communities. In the last forty years, have been developed better drugs to control the disease, and currently, being detected with HIV is no longer a death sentence. About a year ago, the I Am a Work of Art campaign led by the US Department of Health began. "I am a Work of ART" is a community-informed national campaign designed to encourage people with HIV who are not in care for HIV to seek care, stay in care, and achieve viral suppression by taking antiretroviral therapy (ART). People with HIV who take HIV medicine (called antiretroviral therapy) as prescribed and get and keep an undetectable viral load can live long and healthy lives and will not transmit HIV to their HIV-negative partners through sex.

ISSUE: Workers

Tu Familia Zol
November 5th, 2023
10:47 a.m.
12 minutes of a 60 minute program

A SEIU 32BJ spokesperson explained that cabin cleaners, warehouse workers, and ramp workers at Washington Dulles Airport confronted their employers over wage and hour complaints, alleging that the timekeeping system fails to pay them for hours worked before or after shifts. Workers are missing over 384 hours in eight weeks, totaling \$9,747. At LaGuardia, Newark, and Boston Logan Airports, workers for the same company are demanding an end to apparent wage theft by Swissport. A report reveals that OSHA has cited the company 35 times for safety violations since 2013 and that the rate of injury or illness among workers is higher than in comparable companies with more than 50 employees per worksite.

ISSUE: Finance

Tu Familia Zol
November 5th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Latinos are increasingly in debt, especially adults over 50 years of age. A new AARP survey reveals that situations such as job loss, health problems, and inflation are triggering major debt problems for Latinos in the United States. Two out of every three Latinos with credit cards face considerable debt with exorbitant interest rates that could take more than ten years to pay off if they make minimum payments each month. About 75% of Latinos over 50 have some debt, and about 25% of them have a significant debt level.

ISSUE: Food

Tu Familia Zol
November 12th, 2023
10:47 a.m.
12 minutes of a 60 minute program

USDA recommends taking care when preparing food just days before Thanksgiving celebrations. Turkeys must be kept at a safe temperature during "the big thaw." While frozen, a turkey is safe indefinitely. However, as soon as it begins to thaw, any bacteria that may have been present before freezing can begin to grow again. Immediately after grocery store checkout, frozen turkey must be in the freezer. A package of frozen meat or poultry left thawing on the counter for more than 2 hours is not at a safe temperature. Even though the center of the package may still be frozen, the outer layer of the food is in the "Danger Zone" between 40 and 140 °F, at a temperature where foodborne bacteria multiply rapidly.

ISSUE: Crime/Violence

Tu Familia Zol
November 12th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Gift Cards for Guns, a Gun Turn-In annual event hosted by Zion Church, will be held in Prince George's County on Saturday, November 18, at 10 a.m. This program serves as an effort to make streets safer and is anonymous in collaboration with the Prince George's County Police Department. The purpose is to prevent firearms from falling into the wrong hands and thus reduce the violence that exists in the community. People who turn in their guns will have the opportunity to receive three different gift card amounts, ranging from \$75 to \$175, depending on the type of firearm. No questions will be asked.

ISSUE: Health

Tu Familia Zol
November 12th, 2023
10:47 a.m.
12 minutes of a 60 minute program

During November, Diabetic Eye Disease Awareness Month, retina specialists in the United States urge people with diabetes, those who may be at risk, to pay close attention to their vision. Diabetic retinopathy, a complication of diabetes, affects more than 50% of diabetics and is the leading cause of irreversible blindness among working-age Americans. A 2023 survey of Americans aged 40 and older revealed an alarming lack of knowledge about diabetic retinopathy that could put millions of people at risk of vision loss. Nearly two-thirds of Americans age 40 and older (64%) did not know that spots or floaters in their vision could be a symptom of diabetic retinopathy. And more than half of Americans age 40 and older (51%) did not know that people with diabetes who have high blood pressure are more likely to develop diabetic retinopathy.

ISSUE: Veterans

Tu Familia Zol
November 12th, 2023
10:47 a.m.
12 minutes of a 60 minute program

On Veterans Day, a former US Marine explained to the audience about the Veterans and Military Affairs Initiative, a program created by JPMorgan Chase, which has turned ten years old. This program's mission is to attract, retain, and develop the veteran corps' abilities, support veteran-started businesses through access to capital, provide resources and tools for military families, and support veterans with philanthropic financial resources. Since 2011, the Initiative has hired 18 thousand veterans and plans to hire two thousand more. The Initiative also works with the US Department of Defense to hire more veterans. A 92 percent of military spouses are women, which means skilled military wives need opportunities to leverage their leadership skills. Supporting spouses is supporting military members.

ISSUE: Emergencies

 Tu Familia Zol
 November 19th, 2023
 10:47 a.m.
 12 minutes of a 60 minute program

Disasters and emergencies can affect anyone at any time, and older Americans are often the most susceptible to harmful consequences, especially if they live alone, have a low income, have a disability, or live in rural areas. The Federal Emergency Management Administration (FEMA) launched a campaign to reduce the risks suffered after a disaster, specifically for older adults so they can prepare. “Take Control in 1, 2, 3” seeks to encourage older adults, emergency management personnel, and all those who work to support older adult communities, encouraging them to follow three simple steps: 1) evaluate the needs, 2) create a plan, and 3) involve support networks. FEMA created a guide to help older adults in the event of disasters. This guide provides checklists and questions to answer at each step.

ISSUE: Education/Travel

 Tu Familia Zol
 November 19th, 2023
 10:47 a.m.
 12 minutes of a 60 minute program

As the holiday season approaches, many people prepare to travel to visit with family and friends. Traveling at any time can pose unique challenges for people who are managing chronic health conditions like heart disease and stroke. With the busiest travel season of the year quickly approaching, the American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives for all, says taking time to prepare can ease the stress of travel trepidation. Doctor Gladys Velarde, a long-time national volunteer with the American Heart Association and a founding member of the Association’s National Hispanic Latino Cardiovascular Collaborative, advised on how to travel and reduce the risk of possible complications with heart health.

ISSUE: Health

Tu Familia Zol
November 19th, 2023
10:47 a.m.
12 minutes of a 60 minute program

When an alleged company representative contacts a person and asks for an immediate payment by a gift card, it will surely be a scam. In the same way, payments made by cryptocurrency are most likely a fraud as same as payments via applications. No business or government agency will ask for cryptocurrency payments or gift cards. In case of fraud, it is necessary to report scams to the Federal Trade Commission (FTC) at reportfraud.ftc.gov. Also, contacting law enforcement in the local area to report fraud is encouraged for fallen victims of scams or fraud.

ISSUE: Food

Tu Familia Zol
November 19th, 2023
10:47 a.m.
12 minutes of a 60 minute program

USDA recommends taking care when preparing food just days before Thanksgiving celebrations. Turkeys must be kept at a safe temperature during "the big thaw." While frozen, a turkey is safe indefinitely. However, as soon as it begins to thaw, any bacteria that may have been present before freezing can begin to grow again. Immediately after grocery store checkout, frozen turkey must be in the freezer. A package of frozen meat or poultry left thawing on the counter for more than 2 hours is not at a safe temperature. Even though the center of the package may still be frozen, the outer layer of the food is in the "Danger Zone" between 40 and 140 °F, at a temperature where foodborne bacteria multiply rapidly.

ISSUE: Health /Women

Tu Familia Zol

November 26th, 2023

10:47 a.m.

12 minutes of a 60 minute program

Despite improvement in CPR training, the survival rate for women experiencing cardiac arrest outside of a hospital has not improved significantly, especially for Hispanic women. The American Heart Association is determined to change that fact through an initiative launching in the Greater Washington Region in honor of Hispanic Heritage Month. The “Héroes Salvando Corazones/Heroes Saving Hearts” campaign will inspire the Hispanic-Latino community to learn the two steps to Hands-on CPR to help save lives. Hands-Only CPR is CPR without breaths, in two easy steps: 1) Call 911 and 2) push hard and fast in the center of the chest to a beat of 100-120 beats per minute.

ISSUE: Technology

Tu Familia Zol

November 26th, 2023

10:47 a.m.

12 minutes of a 60 minute program

Consumer Technology Association (CTA) is the trade association representing the U.S. consumer technology industry, which supports more than 18 million jobs. Their mission is to help innovators of all sizes grow their businesses. Technology is about changing lives for the better, about ideas, large or small, that keep consumers connected. CTA is presenting the Top Ten Gifts led by Smartphones, followed by smartwatches and laptops. CTA is committed to promoting environmental sustainability and recycling of e-waste. Industry Initiatives promotes recycling old electronics as easily as buying new ones and supports collaborative approaches to improving electronics recycling and increasing sustainability.

ISSUE: Health/HIV

Tu Familia Zol
November 26th, 2023
10:47 a.m.
12 minutes of a 60 minute program

According to statistics, 30 percent of people detected with HIV are Latino, which represents a high number compared to other communities. In the last forty years, have been developed better drugs to control the disease, and currently, being detected with HIV is no longer a death sentence. About a year ago, the I Am a Work of Art campaign led by the US Department of Health began. "I am a Work of ART" is a community-informed national campaign designed to encourage people with HIV who are not in care for HIV to seek care, stay in care, and achieve viral suppression by taking antiretroviral therapy (ART). People with HIV who take HIV medicine (called antiretroviral therapy) as prescribed and get and keep an undetectable viral load can live long and healthy lives and will not transmit HIV to their HIV-negative partners through sex.

ISSUE: Emergencies

Tu Familia Zol
November 26th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Disasters and emergencies can affect anyone at any time, and older Americans are often the most susceptible to harmful consequences, especially if they live alone, have a low income, have a disability, or live in rural areas. The Federal Emergency Management Administration (FEMA) launched a campaign to reduce the risks suffered after a disaster, specifically for older adults so they can prepare. "Take Control in 1, 2, 3" seeks to encourage older adults, emergency management personnel, and all those who work to support older adult communities, encouraging them to follow three simple steps: 1) evaluate the needs, 2) create a plan, and 3) involve support networks. FEMA created a guide to help older adults in the event of disasters. This guide provides checklists and questions to answer at each step.

ISSUE: Medicare/Enrollment

Tu Familia Zol
December 3rd, 2023
10:47 a.m.
12 minutes of a 60 minute program

The Medicare Open Enrollment period is October 15 to December 7. More than 65 million people with Medicare can review their health and prescription drug coverage options and make changes now. Those who do not make changes during this period may have to wait a year before they make changes to their plan. Several improvements to the Medicare program add savings and better access to affordable treatments thanks to the Inflation Reduction Act. Plans may change each year, and by comparing all the options, people with Medicare could save money, find better coverage, or both. Comparing medication and health options is easy at Medicare.gov.

ISSUE: Medicare/Extra Help

Tu Familia Zol
December 3rd, 2023
10:47 a.m.
12 minutes of a 60 minute program

“Extra Help” is a Medicare program that can help people who may have trouble paying prescription drug costs, such as Medicare Part D premiums, deductibles, and coinsurance. The program will expand to cover more drug costs for people with limited resources in 2024. People who qualify for Extra Help will pay no more than \$4.50 for each generic drug and \$11.20 for each brand-name drug. Medicare beneficiaries can contact 1-800-772-1213 to ask questions about the Extra Help program. Those who did not qualify before could qualify now.

ISSUE: Family

Tu Familia Zol
December 3rd, 2023
10:47 a.m.
12 minutes of a 60 minute program

For couples with infertility problems, adoption is an option to explore, but there are also infertility conditions that are evaluated and treated. Primary infertility refers to couples who have not become pregnant after at least one year of having sex without using birth control methods. The common cause of infertility in Latino couples is secondary infertility, couples who were able to have a child before, but after years, it is not possible to conceive. The use of some surgical contraceptive methods, such as tubal ligation, is often one of the causes of infertility. Currently, some health insurance policies offer coverage to finance infertility treatment.

ISSUE: Mental Health

Tu Familia Zol
December 3rd, 2023
10:47 a.m.
12 minutes of a 60 minute program

American Academy of Pediatrics (AAP) declared a state of national emergency on children's mental health last year. A growing number of experts say social media is a significant factor in the nation's youth mental health crisis. Children and adolescents readily encounter sexual and violent content, bullying, harassment, body shaming, racism, and bigotry on popular platforms, the US Surgeon General and the American Psychological Association recently warned. This fall, 42 state attorneys general sued Meta, owner of Facebook and Instagram, accusing the company of manipulative and exploitive practices that lead some youth to become addicted to its platforms, raising the risk of depression, anxiety, sleep difficulties, and other problems.

ISSUE: Violence/Crime

Tu Familia Zol
December 10th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The number of car thefts has increased in the District of Columbia, reaching around a thousand stolen cars in 2023, representing more than two stolen cars per day. The Washington DC Metropolitan Police is implementing new measures to control the situation and reduce high crime figures. Unfortunately, the average age of people involved in car theft is 15 years old, which forced the city to impose a curfew so that young people are not exposed late at night or early in the morning when car theft happens in Washington D.C.

ISSUE: Real-Time Crime Center

Tu Familia Zol
December 10th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The Washington DC Metropolitan Police announced the implementation of the Real-Time Crime Center (RTCC). It will link different police agencies in the Washington, D.C. metropolitan area. The RTCC will serve as a new dedicated space that will be staffed 24/7 with local, regional, and federal law enforcement agencies to monitor and respond to criminal activities in real-time. This program will come into operation in the first months of 2024 and will have the latest technology equipment whose information and images in real-time will be shared throughout the different counties to avoid the chains of robberies and assaults that have increased in recent months. Perpetrators of crimes will not be able to evade the police just because they moved to another state or county. Also, the District of Columbia distributes free tracking devices to track cars in case of theft.

ISSUE: Disorderly Conduct

Tu Familia Zol
December 10th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Officer Guillermo Canales of the Washington DC Metropolitan Police shared with the audience some city regulations that residents must follow for a respectful coexistence between neighbors. The objective of the interview was to communicate to recently arrived migrant families regarding noise regulations and disorderly conduct in public spaces in the District. Among the prohibitions are public drinking, public urinating, and listening to loud music at night after 10 p.m. Also, in the case of a domestic violence report, if the victim retracts the call and doesn't want to follow up with the case about an incident of violence, the police will proceed to arrest the alleged perpetrator even if the victim of the violent act decides to withdraw the report against the perpetrator.

ISSUE: Housing

Tu Familia Zol
December 10th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Shortly after midnight Tuesday, the Alexandria City Council voted unanimously to adopt the Housing Zoning/Housing for All master plan. Councilman Canek Aguirre, a Latino politician, supported the project and shared his housing story. There was a nearly four-hour discussion between city councilors, officials and residents. The Alexandria City Council voted unanimously to eliminate the single-family-only zoning as part of a broader package of zoning proposals called Zoning for Housing aimed at expanding the city's housing supply. The vote will allow developers to build multifamily housing on lots previously for single-family use. It will also add high-rise and condo rentals to industrial areas.

ISSUE: Health/Influenza

Tu Familia Zol
December 17th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The CDC has monitored influenza activity, observing an increase nationwide, especially in the South Central, Southeast, Mountain, and West Coast regions. Health experts estimate that there have already been at least 1.8 million illnesses, 17,000 hospitalizations, and 1,100 deaths from the flu so far this season. Health officials also note that the vaccination rate has decreased among children and adults, and persistent racial disparities in vaccination rates. It is expected that influenza cases will increase in the coming weeks, as well as that of other respiratory viruses. Americans should catch up on recommended vaccines. It's not too late to get a flu vaccine.

ISSUE: Scam/Fraud

Tu Familia Zol
December 17th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The holidays are a busy time for everyone, including scammers. While everyone is making shopping lists and travel plans, scammers are planning to steal money and personal information. Holiday scams include spoofed online stores, fake shipping notifications, phishing emails to gift card scams, fake jobs, fraudulent charities, and more. Scammers are good at what they do and have a story for every occasion. But there are things scams have in common and ways to help you spot them. The Federal Trade Commission (FTC) offers free practical advice to help people keep money and personal information safe from scammers. As the nation's consumer protection agency, the FTC works to stop unfair, deceptive, or fraudulent practices in the marketplace. The agency conducts investigations, sues companies and people that break the law and works to get money back to people.

ISSUE: Education/Travel

Tu Familia Zol
December 17th, 2023
10:47 a.m.
12 minutes of a 60 minute program

As the holiday season approaches, many people prepare to travel to visit with family and friends. Traveling at any time can pose unique challenges for people who are managing chronic health conditions like heart disease and stroke. With the busiest travel season of the year quickly approaching, the American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives for all, says taking time to prepare can ease the stress of travel trepidation. Doctor Gladys Velarde, a long-time national volunteer with the American Heart Association and a founding member of the Association's National Hispanic Latino Cardiovascular Collaborative, advised on how to travel and reduce the risk of possible complications with heart health.

ISSUE: Crime/Violence

Tu Familia Zol
December 17th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The number of car thefts has increased in the District of Columbia, reaching around a thousand stolen cars in 2023, representing more than two stolen cars per day. The Washington DC Metropolitan Police is implementing new measures to control the situation and reduce high crime figures. Unfortunately, the average age of people involved in car theft is 15 years old, which forced the city to impose a curfew in Washington D.C.

ISSUE: Traffic Safety

Tu Familia Zol
December 24th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Virginia's "Drive Sober or Get Pulled Over" campaign is back, advising Virginians to plan a safe trip home after drinking. State leaders don't want a repeat of last year's deadly holiday season. Between Thanksgiving 2022 and New Year's Day 2023, 422 Virginians were injured, and 23 died from alcohol-related accidents. Virginia law enforcement agencies are joining the campaign with increased patrols and sobriety checkpoints. Virginia State Police will also participate in "Operation CARE - the Crash Awareness Reduction Effort," a nationwide program aimed at reducing the number of deaths and injuries from crashes caused by drunk drivers.

ISSUE: Scam/Fraud

Tu Familia Zol
December 24th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The holidays are a busy time for everyone, including scammers. While everyone is making shopping lists and travel plans, scammers are planning to steal money and personal information. Holiday scams include spoofed online stores, fake shipping notifications, phishing emails to gift card scams, fake jobs, fraudulent charities, and more. The Federal Trade Commission (FTC) offers free practical advice to help people keep money and personal information safe from scammers. As the nation's consumer protection agency, the FTC works to stop unfair, deceptive, or fraudulent practices in the marketplace. The agency conducts investigations, sues companies and people that break the law and works to get money back to people.

ISSUE: Real-Time Crime Center

Tu Familia Zol
December 24th, 2023
10:47 a.m.
12 minutes of a 60 minute program

The Washington DC Metropolitan Police announced the implementation of the Real-Time Crime Center (RTCC). It will link different police agencies in the Washington, D.C. metropolitan area. The RTCC will serve as a new dedicated space that will be staffed 24/7 with local, regional, and federal law enforcement agencies to monitor and respond to criminal activities in real-time. This program will come into operation in the first months of 2024 and will have the latest technology equipment whose information and images in real-time will be shared throughout the different counties to avoid the chains of robberies and assaults that have increased in recent months. Perpetrators of crimes will not be able to evade the police just because they moved to another state or county. Also, the District of Columbia distributes free tracking devices to track cars in case of theft.

ISSUE: Disorderly Conduct

Tu Familia Zol
December 24th, 2023
10:47 a.m.
12 minutes of a 60 minute program

Officer Guillermo Canales of the Washington DC Metropolitan Police shared with the audience some city regulations that residents must follow for a respectful coexistence between neighbors. The objective of the interview was to communicate to recently arrived migrant families regarding noise regulations and disorderly conduct in public spaces in the District. Among the prohibitions are public drinking, public urinating, and listening to loud music at night after 10 p.m. Also, in the case of a domestic violence report, if the victim retracts the call and doesn't want to follow up with the case about an incident of violence, the police will proceed to arrest the alleged perpetrator even if the victim of the violent act decides to withdraw the report against the perpetrator.

ISSUE: Mental Health

Tu Familia Zol

December 31st, 2023

10:47 a.m.

12 minutes of a 60 minute program

Dr. Hector Colon Rivera, spokesperson for the American Psychiatric Association, shared the results of a survey that shows that Americans are more open to talking about substance use disorder and behavioral addictions and are also more open to asking for help in case of having to assist a family member. Dr. Colón said that the concept of substance abuse has changed by the term substance use disorder, conceptualized as the use of any substance for more than twelve months. When it comes to behavioral addictions, whether gambling, pornography, or exercise, for example, when it becomes an obsession or compulsion, it becomes an addiction. Once these obsessive behaviors affect work, sleep, temperament, family, or daily activities, it can be considered a behavioral addiction, much like substance use disorder.

ISSUE: Child Safety

Tu Familia Zol

December 31st, 2023

10:47 a.m.

12 minutes of a 60 minute program

The National Highway Traffic Safety Administration reminds all parents and caregivers of children of the importance of using a car seat. As parents or caregivers, we must be sure that children are in the correct seats, installed, and buckled correctly. There is a law in all fifty states that children from birth to thirteen years old must travel in the back of the car. Buckling up is an effective measure a parent can take to protect children in a crash. According to statistics, car crashes are one of the causes of death of minors. Every 32 seconds in the United States, a child was involved in a traffic crash. A total of 863 children under 14 years of age in 2021 died in traffic accidents, and 40 percent were not buckled up.

ISSUE: Dreamers/DACA

Tu Familia Zol
December 31st, 2023
10:47 a.m.
12 minutes of a 60 minute program

One of the most prominent defenders of young Dreamers, Gaby Pacheco, was named Director and Executive President of The Dream US. TheDream.US is a nation's college and career program for undocumented immigrant youth that provided more than 10,000 college scholarships to Dreamers attending 80+ partner colleges in 20+ states and Washington, DC. They believe everyone, regardless of where they were born, should have equitable access to a college education, a meaningful career, and opportunities to contribute to the communities they call home. In 2010, Gaby Pacheco, together with Felipe Matos, Carlos Roa, and Juan Rodríguez, embarked on the Path of Dreams, a journey from Miami, Florida, to reach Washington DC, to support the DreamAct to grant legal status to young immigrants brought by their parents to the United States.

ISSUE: Workplace Safety and Health

Tu Familia Zol
December 31st, 2023
10:47 a.m.
12 minutes of a 60 minute program

A DOL spokesperson announced the Whistleblower Protection program that protects workers against retaliation from a bad employer. He also mentioned that immigration status is not a limitation to complain to the Department of Labor. This Hispanic Heritage Month, the US Department of Labor is raising awareness among Hispanic workers about the Whistleblower Protection Program. Workers have the right to notify a supervisor or employer of a hazardous condition, report a workplace injury or illness, refuse to perform a dangerous task, or request an inspection at the workplace by OSHA. If an employer has retaliated against a worker, the worker must file a retaliation complaint with OSHA within 30 days of the alleged adverse action.