

KOXI-CD CHANNEL 20 – PORTLAND, OR
Q4 2023 ISSUES AND PROGRAMS LIST

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community **“PROBLEMAS Y SOLUCIONES** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones Portland	10/02/23	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Diego</p>
Problemas y Soluciones Portland	10/03/23	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Diego</p>
Problemas y Soluciones Portland	10/04/23	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>		<ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	10/05/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	10/06/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	10/09/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y			Spiritual Guidance	This program main purpose is to guide spiritually the viewers at

Soluciones Portland	10/10/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>		<p>home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
Problemas y Soluciones Portland	10/11/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
Problemas y Soluciones Portland	10/12/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
Problemas y Soluciones Portland	10/13/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>		<ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	10/16/23	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	10/17/23	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	10/18/23	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
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<p>Problemas y Soluciones Portland</p>	<p>10/19/23</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>		<p>guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>10/20/23</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>10/23/23</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>10/24/23</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

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Problemas y Soluciones Portland	10/25/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	10/26/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	10/27/23	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego

<p>Problemas y Soluciones Portland</p>	<p>10/30/23</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>10/31/23</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>

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Problemas y Soluciones Portland	11/01/2023	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
Problemas y Soluciones Portland	11/02/2023	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
Problemas y Soluciones Portland	11/03/2023	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>		<ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	11/06/2023	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego
Problemas y Soluciones Portland	11/07/2023	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/08/2023	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
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<p>Problemas y Soluciones Portland</p>	<p>11/09/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>		<p>guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>11/10/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>11/13/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>11/14/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<i>Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>		On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/15/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/16/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/17/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego

<p>Problemas y Soluciones Portland</p>	<p>11/20/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>11/21/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>11/22/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>11/23/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit</p>

		<i>Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>		using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/24/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/27/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	11/28/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego

Problemas y Soluciones Portland	11/29/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Diego</p>
Problemas y Soluciones Portland	11/30/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit <p>Host: Pastor Diego</p>

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community **“PROBLEMAS Y SOLUCIONES** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Problemas y Soluciones Portland	12/01/2023	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Diego</p>
Problemas y Soluciones Portland	12/04/2023	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Diego</p>
Problemas y Soluciones Portland	12/05/2023	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm</i></p>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p>

		<i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>		<ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/06/2023	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/07/2023	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/08/2023	<i>Starts: 6:00am</i> <i>Ends: 6:58am</i> <i>Duration: 58min</i> <i>Repeat</i> <i>Starts: 5:00pm</i> <i>Ends: 5:58pm</i> <i>Duration: 58min</i> <i>Starts: 11:00pm</i> <i>Ends: 11:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Diego
			Spiritual Guidance	This program main purpose is to

<p>Problemas y Soluciones Portland</p>	<p>12/11/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>		<p>guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>12/12/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>12/13/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>12/14/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p>

		<i>Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>		On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/15/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Diego
Problemas y Soluciones Portland	12/18/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Diego
Problemas y Soluciones Portland	12/19/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego

<p>Problemas y Soluciones Portland</p>	<p>12/20/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>12/21/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>	<p>12/22/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide Host: Pastor Diego</p>
<p>Problemas y Soluciones Portland</p>		<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit</p>

	12/25/2023	<i>Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>		using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/26/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/27/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego
Problemas y Soluciones Portland	12/28/2023	<i>Starts: 6:00am Ends: 6:58am Duration: 58min</i> <i>Repeat Starts: 5:00pm Ends: 5:58pm Duration: 58min</i> <i>Starts: 11:00pm Ends: 11:58pm Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Diego

<p>Problemas y Soluciones Portland</p>	<p>12/29/2023</p>	<p><i>Starts: 6:00am Ends: 6:58am Duration: 58min</i></p> <p><i>Repeat</i> <i>Starts: 5:00pm Ends: 5:58pm Duration: 58min</i></p> <p><i>Starts: 11:00pm Ends: 11:58pm Duration: 58min</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST of Cure <p>Host: Pastor Diego</p>

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community **“ROMPIENDO EL SILENCIO”** a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation’s immigrations laws & regulations. Programs that addressed these issues during this reporting period are listed on the following pages.

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	10/02/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	COMPETE WITH ONESELF	<p>COMPETE WITH YOURSELF AND NOT WITH OTHERS. IT CAN BE EXTREMELY EASY TO COMPARE YOUR WORK WITH OTHER PEOPLE'S.</p> <p>WHEN YOU START COMPETING WITH OTHERS, YOU WILL CONTINUE TO JUDGE YOUR OWN LIFE AND YOUR TRUE PERSONAL VALUES WHICH YOU DON'T STRIVE FOR.</p> <p>Guests: JOHA RIVERA EXPERT IN MENTALITY AND FINANCIAL AWARENESS</p> <p>MIRIAM LANDIN BUSINESSWOMAN</p>
Rompiendo el Silencio	10/03/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	SLEEP DISORDERS	<p>SLEEP DISORDERS ARE PROBLEMS RELATED TO SLEEPING. THESE INCLUDE DIFFICULTIES FALLING OR STAYING ASLEEP, FALLING ASLEEP AT INAPPROPRIATE TIMES, SLEEPING TOO MUCH, AND ABNORMAL SLEEP BEHAVIORS.</p> <p>Guests: BLANCA OCHOA – I HAD PROBLEMS SLEEPING MOTIVATIONAL THERAPIST</p> <p>JENNIFER BARRERA PSYCHOTHERAPIST</p> <p>ZOOM DR. CECILIA FERNÁNDEZ NEUROLOGIST SPECIALIST IN MEMORY DISORDERS</p> <p>MARIA DE LOS ANGELES RONDON NEUROPSYCHOLOGIST</p>

Rompiendo el Silencio	10/04/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	WHAT IS THE COMPULSIVE LIAR HIDING?	<p>LYING IS NOT FOREIGN TO US, WE RESORT TO IT FROM CHILDHOOD AND EVEN AS ADULTS. A STUDY CONDUCTED AT THE UNIVERSITY OF MASSACHUSETTS REVEALED THAT 60% OF PEOPLE LIE AT LEAST ONCE DURING A TEN-MINUTE CONVERSATION, FALLING INTO WHAT IS KNOWN AS “SPORADIC LYING.”</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>ZOOM FRANLLY ANCHICOQUE CLINICAL PSYCHOLOGIST</p>
Rompiendo el Silencio	10/05/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	FENTANYL: A SILENT PANDEMIC	<p>FENTANYL IS A SYNTHETIC OPIOID THAT IS UP TO 50 TIMES STRONGER THAN HEROIN AND 100 TIMES STRONGER THAN MORPHINE. IT IS A MAJOR CONTRIBUTING FACTOR TO FATAL AND NON-FATAL OVERDOSES IN THE US.</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ZOOM JULIANA MEJIA PREVENTION DIRECTOR OF THE NEW DIRECTIONS CORPORATION</p> <p>SYRIA WARRIOR PSYCHOTHERAPIST SPECIALIST IN CHILDREN AND ADOLESCENTS</p> <p>DIEGO BAEZ TESTIMONY</p>
Rompiendo el Silencio	10/06/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	WHY IS A SMILE SO IMPORTANT?	<p>A SMILE IS A GESTURE THAT PRODUCES MANY BENEFITS, WHEN SMILE, OUR BODY RELEASES ENDORPHINS AND SEROTONINS, TWO HORMONES THAT MAKE US FEEL HAPPIER, LESS STRESSED AND IMPROVE OUR MOOD; IT WAS HARVEY BALL, THE CREATOR IN 1999 OF THE ICONOGRAPHIC SYMBOL SMILEY FACE OR HAPPY FACE, DECIDED TO PROCLAIM WORLD SMILE DAY FOR THE FIRST FRIDAY IN OCTOBER.</p> <p>Guest</p>

				<p>MONICA FERNANDEZ DENTIST</p> <p>GLADYS MENENDEZ LIFE COACH</p> <p>ZOOM: ELIZABETH CUREÑO PSYCHOTHERAPIST</p>
Rompiendo el Silencio	10/09/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	HISPANIC HERITAGE MONTH	<p>THE MONTH-LONG CELEBRATION ALLOWS MORE TIME TO PROPERLY RECOGNIZE THE CONTRIBUTIONS HISPANIC AND LATINO AMERICANS HAVE MADE IN THE COUNTRY.</p> <p>BLANCA SOTO ACTRESS AND PRODUCER</p> <p>BEATRIZ EUGENIA VÁSQUEZ DANCER/CHOREOGRAPHER/INSTRUCTOR</p> <p>AZALIA CORREA ARTISTIC DIRECTOR LOS ANGELES THEATER ACADEMY</p> <p>LAURA GONZALEZ RAINBOW ARTIST WORKSHOP</p>
Rompiendo el Silencio	10/10/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	HOW CAN WE GIVE A SECOND CHANCE?	<p>MANY REGRETS IN LIFE ARE IMPOSSIBLE TO RECTIFY: YOU CANNOT GO BACK IN TIME TO ACCEPT A JOB OFFER THAT WAS REJECTED OR TO STUDY MORE FOR AN EXAM IN WHICH YOU FAIL. IT'S EVEN LATE TO REALIZE THAT THE COUPLE WE HAD A LONG AGO WAS THE RIGHT ONE. COME ON, WHAT HAS BEEN "YOU DON'T KNOW WHAT YOU HAVE UNTIL YOU LOSE IT."</p> <p>Guests: MARTHA DIAZ THANATOLOGY - THERAPIST</p> <p>NANCY CAROLINA DAMIAN PSYCHOLOGIST</p> <p>ZOOM JULIET ARAUJO PSYCHOTHERAPIST</p>
	10/11/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i></p>	IMPOSTOR SYNDROME	IMPOSTOR SYNDROME IS A PSYCHOLOGICAL PHENOMENON THAT

Rompiendo el Silencio		<i>Duration:58min</i>		<p>MAKES THOSE PEOPLE WHO SUFFER FROM IT FEEL THAT THEY NEVER LIVE UP TO THE CIRCUMSTANCES OR THAT THEY ARE INABLE TO ACCEPT THAT THEY DESERVE WHAT THEY HAVE OBTAINED AS A FRUIT OF THEIR WORK.</p> <p>Guests: ELISA GUZMAN FAMILY THERAPIST</p> <p>YENY HERCULES COMPREHENSIVE MENTAL HEALTH THERAPIST</p> <p>ZOOM: JIMENA SANCHEZ JUÁREZ PSYCHOTHERAPIST</p>
Rompiendo el Silencio	10/12/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	<p>FRIENDSHIPS: ENRICH YOUR LIFE AND IMPROVE YOUR HEALTH</p>	<p>GOOD FRIENDS AND GOOD PHYSICAL HEALTH MAY BE MORE CLOSELY RELATED THAN WAS THOUGHT, ACCORDING TO A NEW STUDY.</p> <p>ACCORDING TO A STUDY PUBLISHED IN THE JOURNAL SOCIETY FOR PERSONALITY AND SOCIAL PSYCHOLOGY, RESEARCHERS FOUND THAT POSITIVE SOCIAL EXPERIENCES NOT ONLY INFLUENCE A PERSON'S STRESS LEVEL AND COPING ABILITY, BUT ALSO PHYSICAL HEALTH INDICATORS.</p> <p>Guests: ANGELES SANCHEZ LIFE COACH</p> <p>AILEEN NEALE PSYCHOTHERAPIST</p> <p>ZOOM MARIANA BERMUDEZ CLINICAL PSYCHOLOGIST</p>
Rompiendo el Silencio	10/13/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	<p>EDUCATING US TO ENTREPRENEUR</p>	<p>EDUCATION IS A KEY FACTOR FOR SUCCESS IN ENTREPRENEURSHIP. EDUCATION NOT ONLY PROVIDES TECHNICAL SKILLS AND KNOWLEDGE BUT ALSO HELPS DEVELOP SOFT SKILLS SUCH AS CREATIVITY, PROBLEM SOLVING AND EFFECTIVE COMMUNICATION. IN ADDITION, EDUCATION CAN HELP ENTREPRENEURS BETTER UNDERSTAND THEIR MARKET AND IDENTIFY BUSINESS OPPORTUNITIES.</p>

				<p>Guests: PATRICIA ALEGRÍA PARTY SUPPLIES AND PLANNER</p> <p>LUZ MARÍA TORRES ENTREPRENEUR</p> <p>LIZETTE FLORES BUSINESS LOANS</p> <p>PATTY LOPEZ PRESIDENT OF WOMEN ENTREPRENEURIAL ORGANIZATIONS</p>
Rompiendo el Silencio	10/16/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>BEAUTY: SOCIAL PRESSURE</p>	<p>TAKING CARE OF YOUR IMAGE IS SOMETHING THAT MEN AND WOMEN DO MORE AND MORE, HOWEVER, THE PRESSURE TO HAVE A PERFECT PHYSICAL APPEARANCE IS NOT FELT EQUALLY BY BOTH GENDER. ACCORDING TO A STUDY 'SOCIAL PRESSURE FOR THE PERFECT IMAGE', 20% OF WOMEN ARE NOT SATISFIED WITH THEIR IMAGE, WHILE 43% OF MEN STATE THAT THIS ASPECT DOES NOT CARE.</p> <p>Guests: ERIKA ACEVES SKIN SPECIALIST</p> <p>ELIZABETH PAMANES FAMILY ADVISOR - EMOTIONAL HEALTH MENTOR</p> <p>LAURA AGUILAR PSYCHOLOGIST</p> <p>TIJERAZ VARGAS STYLIST</p>
Rompiendo el Silencio	10/17/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>THE POWER OF WORDS</p>	<p>OUR MIND IS MUCH MORE MALLEABLE THAN WE THINK: WE KEEP THE SAME ABILITY TO LEARN ALL OUR LIVES THAT WE HAD AS CHILDREN. BUT OVER TIME WE LOSE MOTIVATION AND SO WE BEGIN TO CONVINC OURSELVES OF EVERYTHING WE CANNOT BE: WE WERE NOT BORN FOR MUSIC, SPORTS, MATHEMATICS OR TO BE BRAVE OR OUTGOING. WE CAN ALWAYS DEMOLISH THOSE BELIEFS AND CHANGE THE DEEPEST ROOTED IDEAS AND FEELINGS.</p> <p>Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p>

				<p>JOHA RIVERA REMODELING MENTALITY AND CREATING CONSCIOUS HABITS</p> <p>ZOOM JOY BRIDGES PSYCHOLOGIST</p>
Rompiendo el Silencio	10/18/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>KNOWING DYSLEXIA</p>	<p>DYSLEXIA IS A COMMON LEARNING DISABILITY THAT INTERFERES WITH THE ACQUISITION OF READING SKILLS. CAUSES CHILDREN TO HAVE PROBLEMS WITH DECODING, WORD RECOGNITION, AND SPELLING.</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>JENNIFER BARRERA PSYCHOTHERAPIST</p> <p>ALEJANDRA ANGERS SPECIALIST IN NEUROPSYCHOLOGY AND LEARNING</p> <p>ZOOM VICKY GRACIA (MOM WITH SON WITH DYSLEXIA)</p>
Rompiendo el Silencio	10/19/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>BREAST CANCER</p>	<p>BREAST CANCER IS THE SECOND MOST COMMON CANCER AMONG AMERICAN WOMEN. IT CAN START IN ANY OF THE THREE MAIN PARTS OF A BREAST: LOBULES, DUCTS, OR CONNECTIVE TISSUE.</p> <p>Guests: DR. NATY CIFUENTES GYNECOLOGIST</p> <p>ZOOM BEGOÑA ORMAECHEA PSYCHOLOGIST & CANCER SURVIVOR</p> <p>PRISCILA IWAMA DERMOPIGMENTATION</p> <p>VILMA GUZMAN TESTIMONY</p>
				<p>TEMPORARY PROTECTION STATUS OR TPS</p>

Rompiendo el Silencio	10/20/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	MIGRATION CURRENT	<p>TEMPORARY IMMIGRATION BENEFIT GRANTED BY THE UNITED STATES GOVERNMENT TO NATIONALS OF A CERTAIN COUNTRY.</p> <p>Guests: MEREDITH BROWN IMMIGRATION LAWYER</p> <p>ZOOM LIZETTE NAVARETTE EXECUTIVE VICE CHANCELLOR FOR INSTITUTIONAL SUPPORT AND THE OFFICE OF SUCCESS FROM CALIFORNIA COMMUNITY COLLEGES</p> <p>SILVIA RAMÍREZ PSYCHOLOGIST</p> <p>JAQUELINE VRBA (TESTIMONY AS AN IMMIGRATE) PRESIDENT AND FOUNDER OF THE FRIDARS ORGANIZATION</p>
Rompiendo el Silencio	10/23/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO HAVE A UNITED FAMILY?	<p>WHAT BENEFITS CAN THE UNION HAVE IN THE FAMILY? THE FAMILY UNION IS STRENGTHENED. HELP THE LITTLE ones LOOK FOR WAYS TO RESOLVE PROBLEMS THROUGH DIALOGUE. STRENGTHENS CHILDREN'S SELF-ESTEEM BY SEEING THAT THEIR OPINIONS ARE TAKEN INTO ACCOUNT. IT IS A GOOD TIME TO ANNOUNCE IMPORTANT DECISIONS OR EVENTS IN THE FAMILY.</p> <p>Guests: GLADYS MENENDEZ LIFE COACH</p> <p>ANA SOL LÓPEZ PSYCHOLOGIST</p> <p>ZOOM CLAUDIA BARBA LOZA PSYCHOLOGIST</p>
Rompiendo el Silencio	10/24/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	TALENT AND FRUSTRATION: IN SEARCH OF SUCCESS	<p>WE ARE CAPABLE OF ACHIEVING BIG THINGS AND IT ALL BEGINS WHEN WE EMBRACE OUR STRENGTHS AND UNIQUE TALENTS. THROUGHOUT HISTORY, MANY PEOPLE HAVE TAKE ADVANTAGE OF THEIR STRENGTHS TO SUCCEED AND MAKE A DIFFERENCE IN THE WORLD.</p> <p>Guests:</p>

				<p>JULIA AGUILAR PEDAGOGIST</p> <p>ZULEM COLIN LIFE COACH</p> <p>NANCY CAROLINA DAMIAN PSYCHOLOGIST</p>
Rompiendo el Silencio	10/25/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>ALCOHOLISM: FAMILY DISEASE</p>	<p>CONSEQUENCES OF ALCOHOLISM IN THE FAMILY IT IS A DISEASE THAT HAS NEGATIVE RESULTS ON EACH OF THE MEMBERS AND ALSO ON THE HOUSEHOLD AS A WHOLE. SOME FAMILY MEMBERS CAN GET SICK IN THEIR TURN, SINCE IT IS A PROCESS IN WHICH THEY ARE TRAPPED WITHOUT BEING COMPLETELY AWARE. IT DOES NOT LIKE ANYTHING LIKE THE FAMILY PROJECT THAT SOMEONE WANTS TO BUILD.</p> <p>Guests: BINAH VARGAS THERAPIST</p> <p>TESTIMONIALS: MARIA FAMILY OF AN ALCOHOLIC MINERVA FAMILY OF AN ALCOHOLIC</p> <p>ZOOM MARIA DE JESÚS VARGAS FAMILY THERAPIST</p>
Rompiendo el Silencio	10/26/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>DISCARD OR FIX A RELATIONSHIP</p>	<p>RELATIONSHIPS CAN BE COMPLICATED. ONE MOMENT EVERYTHING MAY APPEAR TO BE WELL, AND THE NEXT MOMENT IT MAY FALL DOWN. WHEN YOU ARE IN A RELATIONSHIP THAT HAS BEEN IN CRISIS FOR A LONG TIME, YOU CAN CONSIDER IF ALL THE EFFORT, TIME AND DEDICATION HAVE REALLY BEEN WORTH IT. YOU EVEN REACH THE POINT WHERE YOU CONSIDER IF IT WOULD NOT BE BETTER TO PUT AN END TO IT.</p> <p>Guests: MARCELA ARRIETA SPECIALIST IN EMOTIONAL HEALING</p> <p>JULIA AGUILAR PEDAGOGIST</p>

				ZOOM SYRIA WARRIOR PSYCHOTHERAPIST
Rompiendo el Silencio	10/27/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	GIVING IS MORE PROFIT THAN RECEIVING - GIVING A HAND TO THE NEEDY	<p>“WE ARE IN THE ERA IN WHICH GIVING IS VERY WELL REVIEWED,” STATED JENNY SANTI, AUTHOR OF THE GIVING WAY TO HAPPINESS: STORIES AND SCIENCE BEHIND THE LIFE-CHANGING POWER OF GIVING. BORN IN THE PHILIPPINES AND BASED IN NEW YORK, SHE IS A COUNSEL PHILANTHROPY OF DONORS AND FAMOUS PEOPLE FROM SOUTHEAST ASIA AND THE UNITED STATES “MANY FACTORS CONFLUENCE.</p> <p>Guests: ELISA GUZMAN FAMILY THERAPIST</p> <p>NATALY CALVARIO SECRETARY OF THE UNISOCIAL FOOD BANK</p> <p>BRIANA HELP GROUP</p> <p>DAVERLY CAMACHO HELP GROUP</p> <p>ZOOM JIMENA SANCHEZ PSYCHOTHERAPIST</p>
Rompiendo el Silencio	10/30/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	BE A SPONGE OR WATERPROOF PERSON?	<p>THE HUMAN BEING IS A REAL EMOTIONAL SPONGE! AND THAT'S GOOD: EMPATHY, LISTENING, UNDERSTANDING... SHARING THE EMOTIONS OF OTHERS IS A DEEPLY HUMAN TRAIT. BUT WE HAVE TO WATCH THE EMOTIONAL CONTAGION OF ANGER, FRUSTRATION, FEAR... WHICH CAN UNDERMINE OUR MORALE. BUT HOW CAN WE BECOME LESS PERMEABLE TO TOXIC EMOTIONS?</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>JOHA RIVERA REMODELING MENTALITY AND CREATING CONSCIOUS HABITS</p>

				ZOOM MARISOL CÁZARES NEUROLINGUISTIC PROGRAMMING COACH
Rompiendo el Silencio	10/31/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HALLOWEEN: A NOTHING INNOCENT CELEBRATION	IT IS ONE OF THE MOST POPULAR HOLIDAYS IN NORTH AMERICA AND SOME ANGLO-Saxon COUNTRIES LIKE IRELAND AND THE UNITED KINGDOM. LITTLE BY LITTLE, THIS CELEBRATION HAS BEEN SPREADING TO OTHER PARTS OF THE WORLD, DUE TO GLOBALIZATION. GUESS: LAURA AGUILAR PSICÓLOGA SRA. VERÓNICA GONZÁLEZ ZOOM JENNIFER COLON POLICIA

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	11/01/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	BAD FRIENDSHIPS IN ADOLESCENCE	TELL ME WHO YOU ARE WITH AND I WILL TELL YOU WHO YOU ARE, SAYS AN OLD SAYING. IS WHAT THIS SAYING STATES TRUE? HOW MUCH TRUTH IS THERE IN THESE WORDS? Guests: ELIZABETH PAMANES FAMILY ADVISOR AND EMOTIONAL HEALTH MENTOR JENNIFER HERNANDEZ TESTIMONY ZOOM: AMY MURATALLA FAMILY COUNSEL- EDUCATIONAL PREVENTION INSTRUCTOR
Rompiendo el Silencio	11/02/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	LIMITS OF SINCERITY	ALWAYS TELLING THE TRUTH IS SOMETHING WE OFTEN HEAR AND EVEN REPEAT TO OURSELVES. WITHOUT A DOUBT, IT IS IMPORTANT TO EXPRESS OUR FEELINGS, IDEAS AND PERCEPTIONS BUT WHAT HAPPENS WHEN THOSE OPINIONS CAUSE PROBLEMS IN

				<p>RELATIONSHIPS? HOW TO STAY TRUE TO YOURSELF AND BE AUTHENTIC WITHOUT DAMAGED RELATIONSHIPS WITH OTHERS?</p> <p>Guests: LINDA CALDERON LIFE COACH</p> <p>EDITH TEJEDA EMOTIONAL HEALING COACH</p> <p>ZOOM GIACARLA MARISIO MASTER TRAINER IN COACHING</p>
Rompiendo el Silencio	11/06/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	GROWTH OPPORTUNITY TO SERVE	<p>HELPING YOUR NEIGHBOR IS STRONGLY LINKED TO THE HUMAN ESSENCE. SCIENCE AND DIFFERENT DISCIPLINES HAVE PROVEN THAT THIS ACTIVITY BENEFITS THE ONE WHO DOES IT PERHAPS EVEN MORE THAN THE ONE WHO RECEIVES THE HELP. OUR BRAIN CHEMISTRY, EMOTIONAL AND MENTAL WELL-BEING DRASTICALLY IMPROVE WHEN WE TAKE ACTION TO HELP OTHERS.</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ZOOM JULIANA MEJIA PREVENTION DIRECTOR OF THE NEW DIRECTIONS CORPORATION</p> <p>SYRIA WARRIOR PSYCHOTHERAPIST SPECIALIST IN CHILDREN AND ADOLESCENTS</p> <p>DIEGO BAEZ TESTIMONY</p>
Rompiendo el Silencio	11/07/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	PSYCHOSOMATIC DISEASES: WHEN THE BODY SPEAKS	<p>OUR BODY AND OUR MIND ARE INSEPARABLE. THEY ARE DIFFERENT PARTS OF A WHOLE THAT FUNCTIONS AS A PERFECT SYSTEM WHERE EACH ONE HAS AN IMPACT ON THE OTHER. BUT HOW MANY TIMES HAS IT HAPPENED TO YOU THAT YOUR THOUGHTS CHANGED DUE TO SOME PHYSICAL AILMENT?</p> <p>Guest</p>

				<p>IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>ZOOM DR. MARGARITA GONZÁLEZ FAMILY DOCTOR</p> <p>DRA.DULCE FLORES MEDICO GENERAL</p>
Rompiendo el Silencio	11/08/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>ELIMINATION OF VIOLENCE AGAINST WOMEN</p>	<p>VIOLENCE AGAINST WOMEN AND GIRLS CONTINUES TO BE CONCERNING: ONE IN EVERY THREE WOMEN IS AFFECTED BY SOME TYPE OF GENDER VIOLENCE AND EVERY 11 MINUTES A WOMAN OR GIRL IS KILLED BY A RELATIVE.</p> <p>Guest: VIRGINIA ISAIAS HUMAN TRAFFICKING SURVIVORS FOUNDATION</p> <p>ZOOM MEREDITH BROWN IMMIGRATION LAWYER IG: INFOLEGAL1</p> <p>CLAUDIA BARBA LOZA PSYCHOLOGIST</p>
Rompiendo el Silencio	11/09/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>HOW TO CURE BAD MOOD?</p>	<p>ALL OF US HAVE LIVED SOME OF THOSE DAYS WHEN EVERYTHING FEELS BAD, WE ARE MORE PESIMIST, EVERYDAY DIFFICULTIES BOTHER US, WE BLOCK AND BORING OURSELVES</p> <p>Guests: ELISA GUZMAN FAMILY THERAPIST</p> <p>BINAH VARGAS THERAPIST</p>
Rompiendo el Silencio	11/10/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>TYPES OF BREAKS WE NEED DO YOU FEEL TIRED ALL THE TIME?</p>	<p>MOTHERHOOD IS SYNONYMOUS WITH CHANGE AND NEW CONCERNS. CHANGE IN ORGANIZATION AND FAMILY LIFE, BUT ALSO IN THE WAY OF SEEING LIFE.</p> <p>Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>ZOOM DR. MARGARITA GONZÁLEZ FAMILY DOCTOR</p> <p>DR. DULCE FLORES</p>

				PSYCHIATRIST
Rompiendo el Silencio	11/13/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	WELL-BEING AND TIME THAT MOTHERS DEDICATE WITH THEIR CHILDREN FULL-TIME CHILDREN CONCERNS OF A MOTHER	MOTHERHOOD IS SYNONYMOUS WITH CHANGE AND NEW CONCERNS. CHANGE IN ORGANIZATION AND FAMILY LIFE, BUT ALSO IN THE WAY OF SEEING LIFE. THE BIRTH OF A BABY DISTURBS A WOMAN'S SCHEMES. Guess: YENY HERCULES COMPREHENSIVE MENTAL HEALTH THERAPIST IG: YENWELLNESS JULIA AGUILAR PEDAGOGIST IG: JULIA.AGUILAR.M.3 ZOOM: ERIKA ANGLE CHILD PSYCHOLOGY EARLY CHILDHOOD SPECIALIST
Rompiendo el Silencio	11/14/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	YOU CAN CONTROL YOUR DIABETES	DIABETES IS A CHRONIC DISEASE THAT OCCURS BECAUSE THE PANCREAS DOES NOT SYNTHESIZE THE AMOUNT OF INSULIN THAT THE HUMAN BODY NEEDS, PROCESSES IT OF A LOWER QUALITY OR IS NOT ABLE TO USE IT EFFECTIVELY Guests: MIMI CASTILLO PERSONAL TRAINER GLADYS MENENDEZ LIFE COACH AND NURSE DR. ELYMIR GALVIS INTERNAL MEDICINE - CLINICAL GASTROENTEROLOGIST LIVE TRANSMISSION – LIVE U NANCY TABARES
Rompiendo el Silencio	11/15/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	PUBERTY: FROM GIRL TO WOMAN	PUBERTY IS A CHANGE THAT OCCURS IN ALL HUMAN BEINGS. IT IS THE TRANSITION PROCESS WHERE YOU STOP BEING A CHILD AND BEGIN ADULTHOOD. IN THIS STAGE THERE ARE MULTIPLE CHANGES AND EMOTIONS THAT CAN INTENSIFY Guests: DR. NATY CIFUENTES GYNECOLOGIST ZOOM SILVIA RAMÍREZ

Rompiendo el Silencio	11/16/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	JOY AND NEW OPPORTUNITIES IN THE THIRD AGE	AGING IS A NATURAL PART OF LIFE, AND ADDRESSING IT IN A HEALTHY WAY HAS BECOME A FUNDAMENTAL TOPIC TODAY. Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST JOHA RIVERA REMODELING MENTALITY AND CREATING CONSCIOUS HABITS ZOOM JOY BRIDGES PSYCHOLOGIST LIVE U WITH REPORTER MIRIAM NUÑEZ ZOOM JIMENA SANCHEZ
Rompiendo el Silencio	11/17/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	IT'S OUR FIFTH ANNIVERSARY!	CELEBRATION OF THE FIFTH ANNIVERSARY OF THE PROGRAM Guests: No guests this time.
Rompiendo el Silencio	11/20/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	START AGAIN	THERE IS A WIDE VARIETY OF CONTEXTS AND SITUATIONS THAT COULD CAUSE A PERSON TO WANT OR HAVE TO START FROM SCRATCH AND IMPLEMENT A NEW LIFE PLAN. Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST ELIZABETH PAMANES FAMILY ADVISOR- EMOTIONAL HEALTH MENTOR ZOOM SYRIA WARRIOR PSYCHOTHERAPIST SPECIALIST IN CHILDREN AND ADOLESCENTS RAINBOW ARTIST WORKSHOP WORK WITH CHILDREN ON THE IMPORTANCE OF TELLING THE TRUTH
Rompiendo el Silencio	11/21/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	OVERCOME A LOSS	DEALING WITH THE FEELINGS OF GRIEF THAT COME WITH LOSS IS HARD WORK AND TAKES TIME.

			LOSS IS A NATURAL PART OF LIFE.	<p>Guests: MARTHA DIAZ THANATOLOGY - THERAPIST</p> <p>NANCY CAROLINA DAMIAN PSYCHOLOGIST</p> <p>IRMA BERBABA WRITER</p> <p>ZOOM JESSICA MEDINA PSYCHOBODY THERAPIST</p>
Rompiendo el Silencio	11/22/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	DEPRESSION IN WOMEN	<p>SADNESS IS A NORMAL REACTION TO DIFFICULT MOMENTS IN LIFE. BUT USUALLY, SADNESS DISAPPEARS AFTER A SHORT TIME. DEPRESSION IS DIFFERENT: IT IS A MOOD DISORDER THAT CAN CAUSE SERIOUS SYMPTOMS THAT AFFECT THE WAY YOU FEEL, THINK, AND CARRY OUT YOUR DAILY ACTIVITIES</p> <p>Guests: BINAH VARGAS THERAPIST</p> <p>JENNIFER BARRERA PSYCHOTHERAPIST</p> <p>KATTY TESTIMONY</p> <p>ZOOM CAROLINA URIBE PSYCHOLOGIST</p>
Rompiendo el Silencio	11/23/2023	<p>Stars: 4:00pm Ends: 4:58pm Duration:58min</p>	THE IMPORTANCE OF GRATITUDE	<p>THANK YOU” IS A SIMPLE WORD, WHICH PRODUCE WELL-BEING IN THOSE WHO SAY IT AND THOSE WHO RECEIVE IT, BUT UNFORTUNATELY, WE HEAR IT LESS AND FREQUENTLY. WE ALL UNDERSTAND THAT “GIVING THANK YOU” IS PART OF THOSE MANNERS OF POLITE BEHAVIOR.</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ZULEM COLIN LIFE COACH</p> <p>NANCY CAROLINA DAMIAN PSYCHOLOGIST</p>

Rompiendo el Silencio	11/24/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HABITS THAT CONSUME OUR ENERGY	<p>WE ALL HAVE BAD HABITS THAT WE WOULD LIKE TO CHANGE. WHETHER IT'S ABUSE OF SNACKS OR NOT GETTING ENOUGH SLEEP, VICES CAN BE DIFFICULT TO DISPLACE ONCE THEY BECOME ROUTINES WITH A CIRCUIT CONFIGURED IN THE BRAIN.</p> <p>GUEST: ELISA GUZMAN FAMILY THERAPIST GISELLE HERNANDEZ NUTRITIONIST</p> <p>ZOOM DR. CECILIA FERNÁNDEZ NEUROLOGIST SPECIALIST IN MEMORY DISORDERS</p>
Rompiendo el Silencio	11/27/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	OBESITY	<p>OVERWEIGHT AND OBESITY ARE COMMON CONDITIONS IN THE UNITED STATES, WHICH ARE DEFINED AS AN INCREASE IN THE SIZE AND NUMBER OF FAT CELLS IN THE BODY. OVERWEIGHT AND OBESITY APPEAR DUE TO MANY FACTORS</p> <p>Guests: JUDITH TOPETE NUTRITIONIST IG: NUTRIOLOGAJUDITHTOPETE</p> <p>LEAH KYRIAKIS COACH</p>
Rompiendo el Silencio	11/28/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	THE LANGUAGE OF WOUNDS SELF-HARM	<p>WHAT IS SELF-HARM? WHEN A PERSON HARMS THEMSELVES ON PURPOSE IT IS KNOWN AS SELF-INJURY (ALSO CALLED SELF-AGGRESSION OR SELF-MUTILATION).</p> <p>Guests: JOHA RIVERA REMODELING MENTALITY AND CREATING CONSCIOUS HABITS</p> <p>MONICA MORALES TESTIMONY</p> <p>ZOOM: MARTHA UGALDE CLINICAL PSYCHOLOGIST SPECIALTY IN FAMILY THERAPY AND ADDICTIONS</p> <p>MARIANA MORALES PSYCHIATRIST</p>

Rompiendo el Silencio	11/29/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	EXHAUSTED FROM MAKING MANY DECISIONS?	DECISION FATIGUE IS A TYPE OF TIREDNESS THAT ARISES WHEN WE ARE MENTALLY OVERLOADED AFTER MAKING MANY DECISIONS. Guests: LAURA AGUILAR PSYCHOTHERAPIST IG: PSYCHOTHERAPEUTALAURAAGUILAR JOHANNA DIAZ NEURO COACH ZOOM: OLIVIA PLATE PSYCHOLOGIST
Rompiendo el Silencio	11/30/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW WE CAN REACH OUR GOALS	GOALS AND OBJECTIVES CORRESPOND TO THE RESULTS THAT A PERSON OR COMPANY WANTS TO SUCCESSFULLY ACHIEVE IN A CERTAIN TIME. GUESS: BETH CASAPONSA COACH ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH ZORAYDA CUEVAS EMOTIONAL HEALTH ZOOM DORA CAMACHO BUSINESSWOMAN IN HOUSE CLEANING

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	12/01/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	THE PAIN OF A MOTHER	THERE IS NO GREATER JOY OR GREATER SATISFACTION THAN BEING ABLE TO GIVE BIRTH TO A CHILD TO GIVE HIM OR HER OUR LOVE. YOU EXPOSE YOURSELF TO LOSING YOUR LIFE, TO SUFFERING GREAT PAIN, BUT NOTHING MATTERS TO US, ONLY OUR LOVE COUNTS. Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST

				<p>IG: PATRICIAARCACHE</p> <p>SHERRY MENDOZA GANDARA MOTHER: ROSIE SOTO</p> <p>JESUS ARMANDO GUZMÁN MOTHER: MARICELA MÁRQUEZ</p> <p>NATALIE CRISTINE PIZARRO MOTHER OF LORENA RAMÍREZ</p>
Rompiendo el Silencio	12/04/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	WARNING SIGNS	<p>WARNING SIGNS: EMOTIONAL PROBLEMS-BEHAVIOR-HYPERACTIVITY IN CHILDREN</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>LINDA CALDERON LIFE COACH</p> <p>GABBY GUASSO SELF-HELP SPEAKER</p> <p>ZOOM EMILY CHAVEZ PEDAGOGE- FAMILY GUIDE</p>
Rompiendo el Silencio	12/05/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	ANXIETY ATTACKS	<p>ANXIETY CAN OCCUR WHEN A PERSON FEARS THAT SOMETHING BAD IS GOING TO HAPPEN. IT IS NOT A MEDICAL TERM THAT REFERS TO A FEELING OF FEAR OR WORRY THAT IS OFTEN RELATED TO A PARTICULAR PROBLEM OR CONCERN.</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ZOOM JULIANA MEJIA PREVENTION DIRECTOR OF THE NEW DIRECTIONS CORPORATION</p> <p>SYRIA WARRIOR PSYCHOTHERAPIST SPECIALIST IN CHILDREN AND ADOLESCENTS</p> <p>DIEGO BAEZ TESTIMONY</p>
Rompiendo el Silencio	12/06/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	LOVE CONQUERS ALL?	<p>IT IS SAID THAT “LOVE CAN EVERYTHING”, AS IF IT WAS THE PANACEA FOR ANY PROBLEM: “WITH LOVE EVERYTHING CAN BE SOLVED”, “LOVE WILL GIVE YOU THE NECESSARY</p>

				<p>STRENGTH”, “LOVE OVERCOMES ANY ADVERSITY”.</p> <p>GUESTS: PALOMA ZÚÑIGA LIFE COACH</p> <p>GLADYS MENENDEZ LIFE COACH</p> <p>ZOOM REBECCA FERNÁNDEZ PSYCHOLOGIST</p>
Rompiendo el Silencio	12/07/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	PRACTICE EMOTIONAL DETACHMENT	<p>DETACHMENT AND ATTACHMENT REFER TO THE ABILITY THAT HUMAN BEINGS HAVE TO ATTACH AND DETACH OURSELVES WITH OTHER PEOPLE, PLACES OR THINGS.</p> <p>Guest JULIA AGUILAR PEDAGOGIST IG: JULIA.AGUILAR.M.3</p> <p>DANIELA GONZÁLEZ CONSCIOUSNESS FACILITATOR</p> <p>ZOOM SILVIA RAMIREZ PSYCHOLOGIST</p>
Rompiendo el Silencio	12/08/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	GASTRIC PROBLEMS: CAUSES AND CONSEQUENCES	<p>HOW DOES DIET AFFECT THE GUT MICROBIOTA? THERE ARE BILLIONS OF GOOD AND BAD BACTERIA IN THE GUT. GOOD BACTERIA HELP DIGESTION AND ABSORPTION OF NUTRIENTS, WHILE BAD BACTERIA CAN CAUSE INFLAMMATION.</p> <p>Guest: DR. LUCIANA YACOMOTO FAMILY DOCTOR SPECIALIZED IN AESTHETIC MEDICINE</p> <p>JUDITH TOPETE NUTRITIONIST</p> <p>ZOOM: DR. KAREN ALARCÓN</p>
Rompiendo el Silencio	12/11/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	DISORDER IN THE HOME: HOW DOES IT AFFECT YOUR LIFE?	<p>YOU HAVE SURELY HEARD IT SAID THAT THE HOME IS A REFLECTION OF THE PERSONALITY OF THOSE WHO LIVE THERE. AND THE TRUTH IS THAT THIS BELIEF IS NOT VERY WRONG, THE WAY</p>

				<p>IN WHICH WE ORGANIZE OUR LIVING SPACE.</p> <p>Guests: LAURA AGUILAR PSYCHOLOGIST</p> <p>JOHANNA DIAZ NEURO COACH ZOOM JIMENA SANCHEZ PSYCHOTHERAPIST</p> <p>JEANNETTE ESCUDERO EXPERT IN HOME ORDER AND ORGANIZATION</p>
Rompiendo el Silencio	12/12/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>HOW IS JEALOUSY "CURED"?</p>	<p>JEALOUSY ARE INTENSE EMOTIONS THAT ARISE WHEN WE PERCEIVE A THREAT TOWARDS SOMETHING OR SOMEONE, WE DEEPLY VALUE, SUCH AS A RELATIONSHIP OR A POSSESSION. THEY MAY BE NORMAL TO A CERTAIN EXTENT, BUT IF NOT MANAGED PROPERLY, THEY CAN NEGATIVELY AFFECT OUR LIVES AND RELATIONSHIPS.</p> <p>Guest: AILEEN NEALIE PSYCHOTHERAPIST</p> <p>YENY HERCULES COMPREHENSIVE MENTAL HEALTH THERAPIST</p> <p>ZOOM JENNIFER FLOREZ PSYCHOLOGIST</p>
Rompiendo el Silencio	12/13/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>WORK ADDICTS</p>	<p>WORK ADDICTION, ALSO REFERRED TO BY THE ANGLO-SAXON TERM WORKAHOLICS, IS CHARACTERIZED BY AN EXCESSIVE AND UNCONTROLABLE NEED TO WORK CONSTANTLY THAT INTERFERES WITH OUR PHYSICAL AND EMOTIONAL HEALTH, AS WELL AS OUR SOCIAL RELATIONSHIPS.</p> <p>Guests: ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>MIRIAM LANDIN BUSINESSWOMAN</p>

				ZOOM MARIANA BERMUDEZ CLINICAL PSYCHOLOGIST
Rompiendo el Silencio	12/14/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	HOW TO REMOVE LOCALIZED FAT QUICKLY AND SAFELY?	LOCALIZED FAT CAN BE A HEADACHE THAT GENERATES A FEELING OF HELPLESSNESS AND LOW SELF-ESTEEM. Guests: NANCY TABARES HEALTH AND NUTRITION COACH ALEJANDRA ORTEGA SPECIALIST IN SKIN CARE VIVIANA RODRIGUEZ OCCUPATIONAL THERAPIST – TRAINER
Rompiendo el Silencio	12/15/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	CHALLENGES IN RAISING AN AUTIST CHILD	AUTISM, OR AUTISM SPECTRUM DISORDER (ASD), REFERS TO A WIDE RANGE OF CONDITIONS CHARACTERIZED BY CHALLENGES WITH SOCIAL SKILLS, REPETITIVE BEHAVIORS, SPEECH, AND NON-VERBAL COMMUNICATION. Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST ERIKA PRADA MOTHER OF TWO CHILDREN WITH AUTISM ZOOM FABIOLA MEJIA MOTHER OF A 7-YEAR-OLD AUTISTIC CHILD
Rompiendo el Silencio	12/18/2023	<i>Stars: 4:00pm Ends: 4:58pm Duration:58min</i>	DETAILS THAT MAKE THE DIFFERENCE	GENERALLY, WE ARE NOT AWARE THAT WHAT IS IMPORTANT IS NOT THE EXTRAORDINARY THINGS, BUT THE EVERYDAY THINGS AND THE PEOPLE AROUND US, UNTIL IT IS LATE AND WE ARE MISSING THEM. Guests: GLADYS MENENDEZ LIFE COACH JAQUELINE VRBA PRESIDENT OF FRIDARS ORGANIZATION JOHANNA DIAZ NEURO COACH ZOOM PAOLA VIVAS COMMUNICATION MENTOR

Rompiendo el Silencio	12/19/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	FORGOTTEN OR LACK OF ATTENTION?	<p>EVERYONE FORGETS THINGS FROM TIME TO TIME. MAYBE YOU LOSE YOUR CAR KEYS, YOU DON'T REMEMBER WHERE YOU LEFT THE CELL PHONE YOU JUST MET. AN OVERSIGHT WHEN MAKING THE PURCHASE, A NAME THAT DOESN'T COME OUT... IS IT A MEMORY PROBLEM OR SOMETHING NORMAL DUE TO THE EXCESS OF INFORMATION THAT YOUR BRAIN ACCUMULATES?</p> <p>Guests: GISELLE HERNANDEZ NUTRITIONIST</p> <p>ZOOM DR. CECILIA FERNÁNDEZ NEUROLOGIST SPECIALIST IN MEMORY DISORDERS</p> <p>MERCEDES APOLLONIO MEMORY AND STIMULATION DEGREE IN PSYCHOLOGY SPECIALIST IN PSYCHOGERONTOLOGY</p>
Rompiendo el Silencio	12/20/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	CHALLENGES OF LONELINESS	<p>Loneliness can be harmful both mentally and physically. “Unwanted loneliness generates suffering and can be harmful at all levels and have a huge impact on health.”</p> <p>Guests: MAYRA ALVAREZ HUMAN DEVELOPMENT SPECIALIST</p> <p>ZOOM JESSICA MEDINA THERAPIST</p>
Rompiendo el Silencio	12/21/2023	<i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	LOOK FOR THE PARTIES	<p>HOW TO DRESS FOR CHRISTMAS? PERHAPS THIS IS THE MOST FREQUENT QUESTION THAT REACHES THE EMAILS OF FASHION EXPERTS. WE SPEND HOURS ANALYZING THE DIFFERENT PROPOSALS AND OPTIONS AND THE TRUTH IS THAT THE STORE WINDOWS ARE FILLED WITH BRIGHTNESS, SUMPTUOUS DRESSES AND ELEGANT PANTS.</p> <p>Guests: DORIZ MAZARIEGOS MAKEUP ARTIST</p> <p>TIJERAZ VARGAS</p>

				<p>STYLIST</p> <p>KAROL SANDES IMAGE AND STYLE CONSULTANT</p> <p>CLOTHES BY: I TOO FASHION</p>
Rompiendo el Silencio	12/22/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	HAPPY FAMILY REUNIONS	<p>THE IMPORTANCE OF A HAPPY FAMILY REUNION LIES IN THE TRANSFORMATIVE POWER IT HAS ON RELATIONSHIPS AND EMOTIONAL WELL-BEING</p> <p>Guests: LAURA AGUILAR PSYCHOLOGIST</p> <p>GABBY GUASSO COACH</p> <p>LIVE – LIVE U ROCIO CAMACHO “THE QUEEN OF MOLES” ROCIO’S MEXICAN KITCHEN</p>
Rompiendo el Silencio	12/25/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	KEYS TO POSITIVE COMMUNICATION IN THE FAMILY	<p>COMMUNICATION IS FUNDAMENTAL IN ALL HUMAN RELATIONSHIPS, AND THE FAMILY IS NO EXCEPTION. EFFECTIVE COMMUNICATION CAN BE THE KEY TO A HARMONIOUS HOME AND A HAPPY COEXISTENCE AMONG ITS MEMBERS.</p> <p>GUESS:</p> <p>ELIZABETH PAMANES FAMILY ADVISOR- EMOTIONAL HEALTH MENTOR</p> <p>ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>TESTIMONIALS: MARÍA MORALES - MOM MÓNICA MORALES - DAUGHTER EMMA SANCHEZ - GRANDMOTHER</p>
Rompiendo el Silencio	12/26/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	HOW TO PREVENT SKIN AGING?	<p>FROM APPROXIMATELY AGE 25, THE FIRST VISIBLE SIGNS OF AGING APPEAR ON THE SURFACE OF THE SKIN. FIRST, FINE LINES APPEAR AND, OVER TIME, WRINKLES, LOSS OF VOLUME AND LOSS OF ELASTICITY CAN BE OBSERVED.</p> <p>GUEST:</p>

				<p>ANDREA OLIVARES FACIAL YOGA EXPERT</p> <p>LILY AESTHETICIAN</p> <p>ZOOM JULIANA ZULUAGA DERMATOLOGIST</p>
Rompiendo el Silencio	12/27/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	UNFULFILLED PROJECTS	<p>GOALS SHOULD BE PART OF YOUR PRODUCTIVITY SYSTEM. THEY ARE THE LINK THAT EXISTS BETWEEN YOUR PERSONAL MISSION AND YOUR DAY TO DAY ACTIONS. THEY HELP YOU MAKE DECISIONS, GUIDE YOUR ACTION AND CLEARLY INDICATE WHICH THE IMPORTANT TASKS ARE.</p> <p>Guests: LEIDY GARCIA ENTREPRENEUR</p> <p>KAREN DIAZ FINANCE COACH</p> <p>ZOOM JIMENA SANCHEZ JUÁREZ PSYCHOTHERAPIST</p>
Rompiendo el Silencio	11/28/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	WHICH COLORS FAVOR ME THE MOST	<p>WE WILL TALK ABOUT THE COLORS THAT BEST SUIT US ACCORDING TO OUR SKIN TONE. SINCE FOR AN IMPORTANT EVENT LIKE A WEDDING, WE LOVE TO BE PERFECT. AND IF WE CHOOSE A COLOR THAT SUITS OUR SKIN, WE WILL LOOK MUCH MORE FLATTERING.</p> <p>Guests: KAROL SANDERS ASESORA DE IMAGEN</p> <p>LAURA AGUILAR PSYCHOLOGIST</p>
Rompiendo el Silencio	12/29/2023	<p><i>Stars: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	NEW YEAR: NEW LIFE	<p>IT IS BELIEVED THAT THE SIMPLE CHANGE OF YEAR BRINGS BETTER EXPECTATIONS. IT IS ALSO SAID AT THE BEGINNING OF THE YEAR TO EXPRESS THE INTENTION - NOT ALWAYS MAINTAINED - OF CHANGING CUSTOMS OR OTHER THINGS, AFTER TAKING STOCK OF THE PREVIOUS ONE.</p> <p>GUESS: DR. PATRICIA ARCACHE FAMILY THERAPIST</p>

				JOANNA COACH ZOOM CLAUDIA BARBA PSYCHOLOGIST
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