

# WKHZ AM

## First Quarter 2024 Issues and Programs List

During this quarter, WKHZ found issues of concern to our community and broadcast the following programs in response:

**Program:** Uniendo Familias

**Length:** 15 minutes

**Time:** 4:00pm to 4:15pm

**Date:** Monday, January 1, 2024

**Issues:** Active Lifestyle

**Content:** On New Year's Day host Edgar I Palma discussed the importance of living a healthy lifestyle. While noting the correlation between obesity and various health problems, he stressed the daily need to make healthy food choices, to include regular physical activity, and to participate in activities that strengthen mental health well-being. Health statistics were provided to the Latino Community to demonstrate the need for increased advocacy on this topic within the community. The host encouraged the community to explore resources within the community that promoted a healthy lifestyle.

**Program:** Uniendo Familias

**Length:** 15 minutes

**Time:** 4:00pm to 4:15pm

**Date:** Saturday, January 20, 2024

**Issues:** Mental Health Awareness

**Content:** Host Edgar I Palma discussed in Spanish the importance of mental health awareness within the Latino community. Health statistics were provided to the Latino community that helped demonstrate the need for increased advocacy on this topic. The host encouraged his listeners to learn more about this topic and to explore resources within the community that promoted a healthy lifestyle. Mr. Palma motivated the community to focus on their mental health as we start the new year.

**Program:** Uniendo Familias

**Length:** 15 minutes

**Time:** 11:00am to 11:15am

**Date:** Saturday, February 10, 2024

**Issues:** Healthy Eating

**Content:** Host Edgar I Palma discussed in Spanish the importance of establishing healthy eating habits. Statistics were provided to demonstrate the correlation between unhealthy eating habits, obesity, and health issues within the Latino community. The host encouraged the community to learn more about this topic and to explore resources in Spanish language about the importance of healthy eating habits.

**Program:** Uniendo Familias

**Length:** 15 minutes

**Time:** 2:00pm to 2:15pm4

**Date:** Wednesday, February 14, 2024

**Issues:** Safe Driving

**Content:** Host Edgar I Palma discussed the importance of safe driving. He offered safety tips with the primary focus revolving around avoiding drinking and driving and distracted driving. He noted that texting or talking on a hand-held phone was illegal in Maryland. The host encouraged the community to explore resources online to learn more about driving safely on Maryland roads in addition to the regulations and rules that are currently in place.

**Program:** Uniendo Familias

**Length:** 15 minutes

**Time:** 4:00 pm to 4:15pm

**Date:** Wednesday, March 6, 2024

**Issues:** Safety Tips for Public Transportation/Travel

**Content:** Host Edgar I Palma discussed a list of safety tips while traveling on public transportation and in general. He noted the importance of being aware of your surroundings, knowing the local emergency phone numbers, the importance of planning ahead and making others aware of your plans to travel or to use public transportation. The host encouraged the community to learn more about this topic and to explore resources online and potentially within the community that promoted public transportation safety awareness.

**Program:** Uniendo Familias

**Length:** 15 minutes

**Time:** 4:00pm to 4:15pm

**Date:** Wednesday March 20, 2024

**Issues:** Mental Health Awareness

**Content:** **(pre-recorded)** Host Edgar I Palma discussed in Spanish the importance of mental health awareness within the Latino community. Health statistics were provided to the Latino community that helped demonstrate the need for increased advocacy on this topic. The host encouraged his listeners to learn more about this topic and to explore resources within the community that promoted a healthy lifestyle. Mr. Palma motivated the community to focus on their mental health as we start the new year.