

## **WJDM 1520AM/W248CG 97.5FM**

BROADCASTED IN SPANISH  
4TH Quarter 2023 Public Affairs  
**WEEK OF 1 to October 8**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

### FOR A BETTER LIFE

During family gatherings, there are easy and enjoyable strategies for your family and friends to feel united and divert from possible conflicts. Dr. Eduardo López Navarro explains how we can apply these strategies.

### BLUE PLANET

Did you know that young people today may be facing Climate Anxiety? In 'Planeta Azul' we explain what this term is all about.

### KNOWING IS POWER

Holidays are a propitious time to cultivate generosity. If you want to teach your children the true meaning of Christmas, here we tell you how.

### ROAD TO SUCCESS

If you've ever heard of applications to make money, in this edition, La Red Hispana in collaboration with Factchequeado, explains what you need to know about these types of initiatives.

### SOURCE OF HEALTH

There are places where you can access free health services, such as vaccination and preventive check-ups for sugar and pressure levels. In 'Para Vivir Mejor,' we provide details to inform you about these resources.

## **WEEK OF October 9 to October 15**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

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### **WEEK OF October 16 to October 22**

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#### FOR A BETTER LIFE

When Hispanics participate in clinical studies, we obtain medical solutions that benefit us and our community.

#### BLUE PLANET

The Latino community is at the forefront of change, and clean energy is paving the way. Climate Power explains what this means for our community.

#### KNOWING IS POWER

Do you know what Chagas is? This infection is often found in Latin America but can also be in the United States. Paula Andalo shares vital information about this unusual and delicate infection

#### ROAD TO SUCCESS

Debt repayment is a concern for many of us. Our financial expert, Elaine King, offers tips to avoid debt and prepare in advance for end-of-year expenses.

### **WEEK OF October 23 to October 29**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

#### SOURCE OF HEALTH

Have you heard of Mindfulness? This practice might help you in your daily life. Dr. Isabel shares what it means and how it can help you.

#### FOR A BETTER LIFE

Skin-lightening products that contain hydroquinone or mercury ingredients can cause harm. Protect your skin!

#### KNOWING IS POWER

The environment is a constant concern, but what can we do? La Red Hispana provides you with several ideas for family activities to take care of the environment.

#### ROAD TO SUCCESS

There are aspects you should assess before choosing an immigration lawyer. La Red Hispana explains what you should consider when seeking legal assistance.

### **WEEK OF October 30 to November 5**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

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### **WEEK OF November 6 to November 12**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

#### FOR A BETTER LIFE

We often avoid discussing specific topics and Colon Cancer is one of them. Dr. Ilan Shapiro emphasizes the importance of discussing these diseases and the need for preventive exams.

#### BLUE PLANET

Have you ever wondered how safe tap water is? La Red Hispana provides a handy tool to determine which contaminants affect your area's water.

#### KNOWING IS POWER

When Hispanics participate in clinical studies, we obtain medical solutions that benefit us and our community.

#### ROAD TO SUCCESS

If you find yourself in an overwhelming financial situation and are considering declaring bankruptcy in the United States, La Red Hispana explains the consequences of this decision.

#### SOURCE OF HEALTH

Do you know what phobias are and why they affect you? Dr. Isabel explains what the most common phobias are.

#### NEWS

On Veterans Day, we remember those who gave their lives in defense of this country. La Red Hispana presents the story of a father from our community who lost his son in the war.

### **WEEK OF November 13 to November 19**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

FOR A BETTER LIFE

It is essential to know how to control sugar levels naturally. Dr. Ilan Shapiro shares recommendations to keep your body healthy and prevent diseases like diabetes.

BLUE PLANET

We hear that recycling is important, but why? In La Red Hispana, we explain the reason for taking care of our planet

KNOWING IS POWER

Cooking is the leading cause of domestic fires in the United States during Thanksgiving. La Red Hispana shares these safety tips to protect everyone's well-being.

ROAD TO SUCCESS

Building a credit history is very important for financial development in this country. La Red Hispana shares tips to help you build favorable credit in the United States.

SOURCE OF HEALTH

There are different ways to maintain mental health; exercising is very useful in avoiding mood swings and depression.

NEWS

Do you have a loved one struggling with an addiction? Dr. Isabel has important tools that will help you manage this situation.

**WEEK OF November 20 to November 26**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

FOR A BETTER LIFE

In this season, many of us are thinking about preparing our homes for the holidays. But how do you prepare to take care of your family and yourself? Dr. Lucía Abascal shares her insights.

BLUE PLANET

Year-end celebrations don't necessarily have to leave you with extra pounds. We have recommendations so you can enjoy the holidays without indulging in excess or engaging in practices that may affect your health.

KNOWING IS POWER

Community health fairs "I Take Care of Myself" offer free services such as vaccination and preventive check-ups for sugar and blood pressure. For more information, visit [laredhispana.org/yomecuido](http://laredhispana.org/yomecuido)

ROAD TO SUCCESS

Gratitude is necessary in your daily life. Dr. Isabel explains how to practice gratitude and tells us why it is beneficial for our emotional development.

### SOURCE OF HEALTH

Often, we cling to stereotypes that have persisted over the centuries. The alpha male, the strong man, the provider - are these labels truly representative of the complexity of being a man?

### NEWS

Misinformation is a problem for everyone. Factchequeado.com, in partnership with La Red Hispana, brings you some tips to consider if the content you're consuming is misinformation.

### **WEEK OF November 27 to December 3**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

#### FOR A BETTER LIFE

Obesity is a treatable chronic disease, but individuals facing it encounter significant challenges on their journey towards health and weight control.

#### BLUE PLANET

Combatting climate change helps improve the environment and agriculture. In this edition, we discuss how it affects us.

#### KNOWING IS POWER

This is National Crime Prevention month. In this edition, we tell you how you can protect yourself and keep our streets safe.

#### ROAD TO SUCCESS

Emotional intelligence in your finances is possible. Elaine King, a financial advisor, explains how we can maintain financial health in the family.

#### SOURCE OF HEALTH

The "Yo Me Cuido" community health fairs provide free services such as vaccination and preventive check-ups for sugar and blood pressure. For more information, visit [laredhispana.org/yomecuido](http://laredhispana.org/yomecuido)

### NEWS

Undocumented immigrants have requested administrative action to grant work permits to over eleven million immigrants in the country

### **WEEK OF December 4 to December 10**

100 public service announcements weekly for community and national non-profits, they are broadcast Sunday through Saturday 12:00am through 11:59pm including but not limited to the following PSA campaigns:

#### FOR A BETTER LIFE

Take control of your health with the "Yo Me Cuido" community fairs, where you can receive free preventive services such as vaccines and sugar check-ups. For more information, visit [laredhispana.org/yomecuido](http://laredhispana.org/yomecuido).

#### SOURCE OF HEALTH

Chronic Obstructive Pulmonary Disease, or COPD, historically linked to smoking, now also affects those who have never smoked. La Red Hispana brings essential information on how to manage your respiratory health.

#### KNOWING IS POWER

In our country, community organizations are developing programs and events for the health of the communities they serve, providing free services such as vaccination and preventive checks for sugar and blood pressure, among others.

#### NEWS

Are you interested in working legally in the United States? Attorney Rafael Borrás shares several options that can help you achieve this dream.

#### ROAD TO SUCCESS

Can you be an entrepreneur and change the world at the same time? Juan del Cerro, author of the manual on social entrepreneurship, shares the essential points you should follow to embark on entrepreneurship and change the world successfully.

### **WEEK OF December 11 to December 17**

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#### FOR A BETTER LIFE

The holiday season is just around the corner, bringing the opportunity to spend time with family. This period can generate conflicts within the family, so Dr. Eduardo López-Navarro shares simple advice on what you can do and what you should avoid during this season.

#### SOURCE OF HEALTH

There are places where you can access free services, such as vaccination and preventive checks for sugar and blood pressure. In 'Para Vivir Mejor' we have resources you can use.

#### KNOWING IS POWER

With the arrival of winter and low temperatures, it is crucial to take care of our health. Did you know that herbal teas can be your best ally against the cold? La Red Hispana shares several recipes that can help you during this cold season.

#### NEWS

In the United States, everyone has rights as tenants. Although these rights may vary by state, there are fundamental aspects that we discuss in this edition.

#### ROAD TO SUCCESS

You can teach your children the value of savings by applying the easy and practical techniques shared by the Top 10 financial advisor, Elaine King.

### **WEEK OF December 18 to December 24**

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#### BLUE PLANET

Did you know that young people today may be facing Climate Anxiety? In 'Planeta Azul' we explain what this term is all about.

#### NEWS

Thousands of Mexicans travel to meet their relatives during these holidays. Information is available for those undertaking these trips to avoid setbacks and ensure a safe journey home.

#### KNOWING IS POWER

Holidays are a propitious time to cultivate generosity. If you want to teach your children the true meaning of Christmas, here we tell you how.

#### ROAD TO SUCCESS

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