30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/05/24 - 01/07/24

Guests & Topics:

- **Dr. Trisha Pasricha, 'Ask A Doctor' Columnist for The Washington Post.** Dr. Pasricha joins the show with health tips for the new year, including a to-do checklist for those of every age and the importance of sleep, hydration, and diet.
- Natasha Nascimento, Founder & Executive Director of Redefining Refuge. Natasha
 Nascimento checks in for Human Trafficking Prevention Month to explain the scope of the issue across the country and ways to spot and help victims of human trafficking.

Estamos Contigo: Public Affairs Special

THIS IS A RE-PLAY OF THE 01/27/23 - 01/29/23 BROADCAST

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/29/23 – 12/31/23

- We're joined by **Dr. Jorge Ruiz-Menjivar, Professor of Family and Consumer Economics**. He gives us tips on how we can save money and stay within our budget.
- Tax season is upon us, and we have Miguel Burgos, a bilingual Certified Public Accountant
 (CPA) and TurboTax Tax Expert who has tips to help you feel safe and confident when filing
 your tax return.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/29/23 – 12/31/23

Guests & Topics:

• Laurie Dhue, Chief Branding Officer for RecoveryEducation.com & Former Fox News Anchor — Laurie Dhue joins the show to discuss her personal battle with alcohol use disorder, along with the work RecoveryEducation.com does providing families with resources to help teens and young adults navigate substance use.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/29/23 - 12/31/23

- We're joined by **Axel Christensen**, **general director**, **head of investments for Latin America and Iberia at BlackRock**. He gives us information for investments, and he explains a little more about the economy, jobs and inflation.
- We are also joined by Fredy Wiles, a respected journalist with a focus in automotive
 content. He tells us about an analysis from the Pew Research Center, which shows that 7 out of
 10 people feel more aware of the environment. And he tells us what we can do to help the planet.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/22/23 - 12/24/23

Guests & Topics:

• **Bryan Stern**, Founder & CEO of Project Dynamo, a veteran-led, donor-funded, international search, rescue, aid, and assistance 501(c)(3) non-profit organization. Bryan Stern discusses his organization's work rescuing Americans and our allies from countries where the U.S. government is no longer operating, such as Afghanistan, Ukraine, and Russia, along with their previous rescue work in disaster areas like Southwest Florida following Hurricane Ian.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/22/23 – 12/24/23

- We spoke with Jessica Palacios; she leads talent identification and recruitment efforts at BlackRock. She gives us advice on the importance of saving for college and how we can make it possible. On the other hand, the CDC has monitored influenza activity, observing an increase nationwide.
- Dr. Laura Castro, Medical Epidemiologist at the Centers for Disease Control and Prevention, joins us with more details on how to stay healthy this flu season.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/15/23 – 12/17/23

Guests & Topics:

- **Kathy Stokes, AARP's Director of Fraud Prevention Programs**. Kathy Stokes joins the show to break down some of the top scams to watch out for this holiday season, from gift card fraud to online shopping threats, along with what to do if you fall victim to a scam.
- Commissioner Kenneth Hodder, National Commander of The Salvation Army. Commissioner Hodder checks in to discuss the services provided by The Salvation Army, the Red Kettle campaign, and the need Americans are experiencing nationwide.

Estamos Contigo: Public Affairs Special

THIS IS A RE-PLAY OF THE 02/17/23 - 02/19/23 BROADCAST

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/15/23 – 12/17/23

- According to the CDC, heart disease is the leading cause of death for men, women, and people of
 most racial and ethnic groups in the United States. Joining us today is Dr. Mayrene Hernandez,
 Medical Director, UNITED HEALTH CARE. She gives us life habits that we can adopt to be
 healthier and prevent heart disease.
- On the other hand, the prices of consumer goods continue to rise. This situation makes paying
 debts on time a challenge. Luckily, the specialists at the University of Florida-Institute of Food and
 Agricultural Sciences (UF/IFAS) share with us their advice to pay off your debt and be able to
 obtain better credit scores.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/08/23 – 12/10/23

Guests & Topics:

• **Susanne Kogut, CEO of Petco Love.** Susanne Kogut joins the show to discuss her organization's work in facilitating pet adoptions nationwide, providing vaccines and affordable pet treatment options for pet owners, and helping unify lost pets with their owners.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/08/23 – 12/10/23

- We are in what is considered the most wonderful time of the year, but it can also be one of the most stressful. **Dr. Sandra Muñoz of The Children's Healing Institute** offers tips to help parents and children cope with disappointment and mental health challenges during the holidays.
- Every year thousands of people call AARP's Anti-Fraud Network hotline to report cases of fraud. **Gilberto Cabrera, AARP External Relations Advisor**, joins us and gives us advice on how to detect and avoid scams, especially this time of year.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/01/23 – 12/03/23

Guests & Topics:

- **Dr. Robyn Neblett Fanfair, Acting Director of CDC's Division of HIV Prevention.** Dr. Neblett Fanfair joins the show for World AIDS Day to discuss the progress made in combating the HIV epidemic, along with the latest information on the amount of Americans impacted by the disease and which groups are most at risk.
- Cole Lyle, USMC Veteran & Executive Director of Mission Roll Call. Cole Lyle breaks down the latest Department of Veterans Affairs Veteran Suicide Report and discusses ways to help prevent veteran suicide moving forward.
- **Jennifer Streaks, Senior Personal Finance Reporter for Business Insider.** Jennifer Streaks joins the show for insight into spending best practices during the holiday season and important information on how to deal with stolen or missing packages.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/01/23 - 12/03/23

- Updated COVID-19 vaccines are now available for everyone six months of age and older. Experts say it's the best way to protect against COVID-19, including the latest variant of the virus. To talk to us about the benefits of the vaccine, we are joined by **Dr. Bertha Hidalgo, Associate**Professor of Epidemiology at the University of Alabama.
- A new study doesn't paint a good picture when it comes to American roads: Every day, 20
 pedestrians are hit by a moving vehicle. We are joined by security expert Orlando Aguilera,
 retired Deputy Chief of the city of Hialeah, partner of Colina Group and advisor to Altumint. He
 shares more details on Pedestrian Safety and road safety near school zones.

THIS IS A RE-PLAY OF THE 08/25/23 - 08/27/23 BROADCAST

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/24/23 – 11/26/23

Guests & Topics:

• JP Lane, Army Veteran and Spokesperson for Semper Fi & America's Fund. JP Lane joins the show to discuss his struggles after being struck by an IED in Afghanistan and attempting suicide 12 times, along with the work Semper Fi & America's Fund does to help veterans like him and service members and military families.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/24/23 – 11/26/23

- The holidays are approaching and it's time to save. **Jesús García, Google spokesperson and technology expert**, joins us to talk about how we can use Google tools to identify the trendiest and flights at the cheapest prices at a blink of an eye.
- We also talked about how the quarter-life crisis is real and how it is being seen in women in their 20s. Certified Counselor, Teresa Lusk tells us more about why this is being seen more today and what we can do to help.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/17/23 – 11/19/23

Guests & Topics:

• Elliott Gaskins, Acting Chief Resource Development and Growth Officer at Share Our Strength. Elliott Gaskins discusses the No Kid Hungry campaign, a national initiative to end hunger in America, and ways to help support this effort during the holiday season.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/17/23 – 11/19/23

Guests & Topics:

Liliam López is the president and CEO of the South Florida Hispanic Chamber of
Commerce and she talks to us about healthy eating habits for our children. Also joining us
is Nelly Nelson, UF Family and Consumer Sciences Extension Agent in Manatee County, who
tells us more about food costs and what we can do to save money.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/10/23 – 11/12/23

Guests & Topics:

- Veterans Day weekend special featuring the following organizations helping veterans and their families nationwide:
 - Colonel Duncan S. Milne (Ret.) U.S. Marine Corps Veteran & President of the Dixon Center for Military and Veterans Services
 - Dan Clare US Marine & Air Force Veteran and Chief Communications & Outreach
 Officer at Disable American Veterans
 - o Jim Whaley U.S. Army Veteran & CEO of Mission Roll Call
 - Brigadier General Jack Hammond (Ret.) U.S. Army Veteran & Executive Director of Home Base
 - Matt Parrish Green Beret Veteran & Executive Director of Task Force Dagger

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/10/23 – 11/12/23

- According to the latest data from the Federal Deposit Insurance Corporation (FDIC), 5.9 million
 American households are unbanked. To tell us more about this we're joined by Jackie Gutiérrez.
 She is a Virtual Community Manager for Community and Business Development at
 JPMorgan Chase.
- On a different note, World AIDS Day is an annual reminder of the global fight to end HIV-related stigma. We spoke with Michelle Sandoval-Rosario US Department of Health and Human Services and Martha Robles Living with HIV and Coordinator of the Peer Navigator Program, Christie's Place about what we Hispanics can do to change this stigma.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/03/23 – 11/05/23

Guests & Topics:

- Alissa Kanowitz, Co-Founder & Board Member for Families Fight Flu. Alissa Kanowitz
 discusses the death of her four-year-old daughter Amanda to the flu, along with the work her
 organization does to save lives and reduce hospitalizations by protecting children, families, and
 communities against influenza through education and advocacy.
- Kristin Bride, Social Media Reform Advocate. Kristin Bride discusses the death of her 16-yearold son to suicide following a relentless cyber-bullying campaign by classmates, along with her work on the bipartisan Kids Online Safety Act bill currently before Congress.

Estamos Contigo: Public Affairs Special

THIS IS A RE-PLAY OF THE 10/21/22-10/23/22 BROADCAST

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 11/03/23 – 11/05/23

- Joining us on today's show are Michelle Sandoval-Rosario, Region 9 Director at the Office of the Assistant Secretary for Health, and Joey Jai, HIV Social Media Influencer for the National Minority Council on AIDS. They talk to us about AIDS awareness and how they seek to unite and mobilize the Hispanic community to raise awareness about HIV.
- We also spoke with Latino Donor Collaborative President and CEO Ana Valdez about the most shocking findings of a report that shows Latinos remain largely invisible on America's television and movie screens.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/27/23 – 10/29/23

Guests & Topics:

• **Dr. Dorraya El-Ashry, Chief Scientific Officer for the Breast Cancer Research Foundation.** Dr. El-Ashry joins the show for Breast Cancer Awareness Month to break down the latest advancements in breast cancer diagnosis and treatments, and the ongoing work towards finding a cure.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/27/23 – 10/29/23

- We're joined by Ivanette Bonilla, Director of Communications and Public Relations at Fire & Security Products, Carrier Corporation and Leonardo Campo, New York City Firefighter and they bring us more details about Kidde's program, Cause for Alarm.
- We are also accompanied by **Dr. Jorge Partida, psychologist, nature defender, and healer**. He tells us about "With Love, Your Mind," a campaign that aims to change the cultural conversation around mental health.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/20/23 – 10/22/23

Guests & Topics:

- Sarah Kate Ellis, President & CEO of GLAAD. Sarah Kate Ellis joins the show to recap Spirit Day 2023, the country's most visible anti-LGBTQ bullying campaign, along with some of the issues LGBTQ youth face and how GLAAD is working to address those problems.
- **Dr. William Dahut, Chief Scientific Officer at the American Cancer Society.** Dr. Dahut joins the show for Breast Cancer Awareness Month, stressing the importance of women getting tested early and often, along with the progress made over the past few decades in diagnosing and treating breast cancer.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/20/23 – 10/22/23

- The Medicare Open Enrollment period is from October 15 to December 7. Carolina Fortín-García
 is the bilingual spokesperson for the Centers for Medicare and Medicaid Services and joins
 us to talk about the Medicare updates for 2024 and what users can do now.
- We also spoke with Dr. Cristina Domínguez De Quezada, Member of the Board of Directors
 of the National Association of Hispanic Nurses. She tells us about the effects of COVID-19 and
 the new treatments, especially now that winter is approaching and the probability of contracting
 COVID increases.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/13/23 – 10/15/23

Guests & Topics:

- Claudia Romo Edelman, Founder & CEO of the We Are All Human Foundation. Claudia Romo Edelman joins the show for Hispanic Heritage Month to discuss the contributions of Hispanics to the U.S. economy and culture.
- Ivanette Bonilla, Director of Communications for Kidde & Captain Michael Cozo, FDNY
 Foundation Representative. Ivanette Bonilla and Captain Cozo discuss Fire Prevention Week, including the importance of functioning fire alarms in homes and businesses and why fires spread more rapidly than ever before.
- Andrea Vastis, Senior Director for Public Education at the National Fire Protection
 Association. Andrea Vastis shares numerous fire safety tips for Fire Prevention Week, with a focus on cooking safety ahead of the holidays.

Estamos Contigo: Public Affairs Special

THIS IS A RE-PLAY OF THE 10/21/22-10/23/22 BROADCAST

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/13/23 – 10/15/23

- Joining us on today's show are Michelle Sandoval-Rosario, Region 9 Director at the Office of the Assistant Secretary for Health, and Joey Jai, HIV Social Media Influencer for the National Minority Council on AIDS. They talk to us about AIDS awareness and how they seek to unite and mobilize the Hispanic community to raise awareness about HIV.
- We also spoke with Latino Donor Collaborative President and CEO Ana Valdez about the most shocking findings of a report that shows Latinos remain largely invisible on America's television and movie screens.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/06/23 – 10/08/23

Guests & Topics:

- In this special edition of the show, four guests discuss 'The Most Beautiful Sound,' a powerful and artistic representation of cancer cells being destroyed. **Ankit Vahia** explains how the sound was created. **Kristen Neese** shares the role the American Society of Clinical Oncology played in the process. **Heidi Floyd** describes the impact the sound had on her, as a two-time cancer patient. And **Dr. Don Dizon** discusses how the oncology field could use this sounds to help future cancer patients remain hopeful.
 - o Dr. Don Dizon, Academic Medical Oncologist
 - o **Heidi Floyd**, 2-Time Cancer Patient & Advocate
 - Ankit Vahia, Chief Strategy Officer at GREY
 - Kristen Neese, Chief Marketing & Communications Officer at the American Society of Clinical Oncology

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 10/06/23 – 10/08/23

- Mental health is very important, and it is no longer a stigma to talk about it. To tell us a little more about how parents and guardians play a fundamental role in the emotional well-being of their children, we are joined **Dr. Regina Miranda, expert in mental health**.
- Since February, the global economic and financial state has evolved significantly. Axel
 Christensen, general director and head of investments for Latin America at BlackRock, gives
 us the latest developments in the economy, the labor market and inflation. As well as what we can
 expect for 2024.

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 09/29/23 – 10/01/23

Guests & Topics:

- Ryan Hampton, Recovery Advocate & Founder of Mobilize Recovery. Ryan Hampton discusses his work as a partner in iHeartRadio's iHeart Recovery Month effort, along with efforts to reduce overdoses and end the stigma attached to substance use disorder.
- **Dr. Leandris Liburd (CDC) & Dr. Willie Underwood (AMA).** Dr. Liburd and Dr. Underwood discuss the Ad Council, American Medical Association and CDC's annual "Get My Flu Shot" campaign, an initiative encouraging Americans to get their flu shot, along with an updated COVID-19 vaccine.
- **Dr. Bob Murry, Chief Medical Officer of NextGen Healthcare.** Dr. Murry joins the show ahead of Mental Illness Awareness Week and World Mental Health Day to discuss the signs and symptoms of anxiety and depression, who's most at risk for those conditions, and resources available for those seeking mental health assistance.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 09/29/23 – 10/01/23

- Updated COVID-19 vaccines are now available for everyone six months of age and older. Experts say it's the best way to protect against COVID-19, including the latest variant of the virus. To talk to us about the benefits of the vaccine, we are joined by Dr. Bertha Hidalgo, Associate Professor of Epidemiology at the University of Alabama.
- CNET recently experimented with Al-powered technology for a week to determine how it can be
 used to improve sleep. Nasha Addarich Martínez, CNET-certified sleep science coach and
 wellness expert, shares sleep habits she's found beneficial.