

K33LN-D CHANNEL 33 – MINNEAPOLIS, MN
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 St. Louis	10/02/23	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
Problemas y Soluciones St. Louis	10/03/23	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>

<p>Problemas y Soluciones St. Louis</p>	<p>10/04/23</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Holy Spirit <p>Host: Pastor Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>10/05/23</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 7 prayers <p>Host: Pastor Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>10/06/23</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm 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 7 prayers <p>Host: Pastor Mesias</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		
Problemas y Soluciones St. Louis	10/09/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
Problemas y Soluciones St. Louis	10/10/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
Problemas y Soluciones St. Louis	10/11/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>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>

		<i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Mesias
Problemas y Soluciones St. Louis	10/12/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Mesias
Problemas y Soluciones St. Louis	10/13/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Mesias
Problemas y Soluciones St. Louis		<i>Starts: 09:00am</i> <i>Ends: 09:58am</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

	10/16/23	<p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>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 Mesias</p>
Problemas y Soluciones St. Louis	10/17/23	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
Problemas y Soluciones St. Louis	10/18/23	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 7 prayers Host: Pastor Mesias</p>

Problemas y Soluciones St. Louis	10/19/23	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
Problemas y Soluciones St. Louis	10/20/23	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
Problemas y Soluciones St. Louis	10/23/23	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 04:00pm Ends: 04:58pm 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 Holy Spirit</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		Host: Pastor Mesias
Problemas y Soluciones St. Louis	10/24/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
Problemas y Soluciones St. Louis	10/25/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 7 prayers <p>Host: Pastor Mesias</p>
Problemas y Soluciones St. Louis	10/26/23	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</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><i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>On today show:</p> <ul style="list-style-type: none"> -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers <p>Host: Pastor Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>10/27/23</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 7 prayers <p>Host: Pastor Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>10/30/23</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 7 prayers <p>Host: Pastor Mesias</p>
<p>Problemas y Soluciones</p>		<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i></p>		<p>This program main purpose is to guide spiritually the</p>

ST.LOUIS	10/31/23	<i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	Spiritual Guidance	<p>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 Cristiano</p>
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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 St. Louis	11/01/2023	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
Problemas y Soluciones St. Louis	11/02/2023	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>

<p>Problemas y Soluciones St. Louis</p>	<p>11/03/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>11/06/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>11/07/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm 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</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/08/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
Problemas y Soluciones St. Louis	11/09/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
Problemas y Soluciones St. Louis	11/10/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>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>

		<i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/13/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/14/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis		<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about

	11/15/2023	<p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>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 Mesias</p>
Problemas y Soluciones St. Louis	11/16/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias</p>
Problemas y Soluciones St. Louis	11/17/2023	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias</p>

<p>Problemas y Soluciones St. Louis</p>	<p>11/20/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>11/21/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>11/22/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm 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</p>

		<i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/23/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/24/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/27/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</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

		<i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/28/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	11/29/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones		<i>Starts: 09:00am</i> <i>Ends: 09:58am</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show

St. Louis	11/30/2023	<i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>	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 Mesias
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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 St. Louis	12/01/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Mesias
		<i>Starts: 09:00am</i> <i>Ends: 09:58am</i>	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show

<p>Problemas y Soluciones St. Louis</p>	<p>12/04/2023</p>	<p><i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>12/05/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>12/06/2023</p>	<p><i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Mesias</p>

Problemas y Soluciones St. Louis	12/07/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm 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 Holy Spirit Host: Pastor Mesias</p>
Problemas y Soluciones St. Louis	12/08/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i> <i>Starts: 10:00pm Ends: 10:58pm 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 of Cure Host: Pastor Mesias</p>
Problemas y Soluciones St. Louis	12/11/2023	<i>Starts: 09:00am Ends: 09:58am Duration:58min</i> <i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i> <i>Starts: 04:00pm Ends: 04:58pm</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: -TST Witchcraft -TST Depression</p>

		<i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Suicide -TST of Cure Host: Pastor Mesias
Problemas y Soluciones St. Louis	12/12/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	12/13/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	12/14/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</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

		<p><i>Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i></p>		<p>search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>12/15/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 of Cure Host: Pastor Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>12/18/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 of Cure Host: Pastor Mesias</p>
		<p><i>Starts: 09:00am</i></p>	<p>Spiritual Guidance</p>	<p>This program main purpose is to guide spiritually the</p>

<p>Problemas y Soluciones St. Louis</p>	<p>12/19/2023</p>	<p><i>Ends: 09:58am Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm Duration:58min</i></p>		<p>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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>12/20/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm 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 Mesias</p>
<p>Problemas y Soluciones St. Louis</p>	<p>12/21/2023</p>	<p><i>Starts: 09:00am Ends: 09:58am Duration:58min</i></p> <p><i>Repeat</i> <i>Starts: 06:00am Ends: 06:58am Duration:58min</i></p> <p><i>Starts: 04:00pm Ends: 04:58pm Duration:58min</i></p> <p><i>Starts: 10:00pm Ends: 10:58pm</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 Mesias</p>

		<i>Duration:58min</i>		
Problemas y Soluciones St. Louis	12/22/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Host: Pastor Mesias</p>
Problemas y Soluciones St. Louis	12/25/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>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 Holy Spirit Host: Pastor Mesias</p>
Problemas y Soluciones St. Louis	12/26/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> <i>Repeat</i> <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</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</p>

		<i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i>		-TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	12/27/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis	12/28/2023	<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat <i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i> <i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i> <i>Starts: 10:00pm</i> <i>Ends: 10:58pm</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: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Mesias
Problemas y Soluciones St. Louis		<i>Starts: 09:00am</i> <i>Ends: 09:58am</i> <i>Duration:58min</i> Repeat	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

	<p>12/29/2023</p>	<p><i>Starts: 06:00am</i> <i>Ends: 06:58am</i> <i>Duration:58min</i></p> <p><i>Starts: 04:00pm</i> <i>Ends: 04:58pm</i> <i>Duration:58min</i></p> <p><i>Starts: 10:00pm</i> <i>Ends: 10:58pm</i> <i>Duration:58min</i></p>		<p>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 Mesias</p>
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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	Starts: 6:00pm Ends: 6:58pm Duration:58min	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	Starts: 6:00pm Ends: 6:58pm Duration:58min	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	Starts: 6:00pm Ends: 6:58pm Duration:58min	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	Starts: 6:00pm Ends: 6:58pm Duration:58min	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	Starts: 6:00pm Ends: 6:58pm Duration:58min	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 MONICA FERNANDEZ DENTIST</p> <p>GLADYS MENENDEZ LIFE COACH</p> <p>ZOOM: ELIZABETH CUREÑO PSYCHOTHERAPIST</p>
Rompiendo el Silencio	10/09/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	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>

Rompiendo el Silencio	10/11/2023	Starts: 6:00pm Ends: 6:58pm Duration:58min	IMPOSTOR SYNDROME	<p>IMPOSTOR SYNDROME IS A PSYCHOLOGICAL PHENOMENON THAT 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	Starts: 6:00pm Ends: 6:58pm Duration:58min	FRIENDSHIPS: ENRICH YOUR LIFE AND IMPROVE YOUR HEALTH	<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	Starts: 6:00pm Ends: 6:58pm Duration:58min	EDUCATING US TO ENTREPRENEUR	<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</p>

				<p>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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	BEAUTY: SOCIAL PRESSURE	<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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	THE POWER OF WORDS	<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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	KNOWING DYSLEXIA	<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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	BREAST CANCER	<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>

Rompiendo el Silencio	10/20/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	MIGRATION CURRENT	<p>TEMPORARY PROTECTION STATUS OR TPS 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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	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: JULIA AGUILAR PEDAGOGIST</p> <p>ZULEM COLIN LIFE COACH</p> <p>NANCY CAROLINA DAMIAN PSYCHOLOGIST</p>
Rompiendo el Silencio	10/25/2023	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	ALCOHOLISM: FAMILY DISEASE	<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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	DISCARD OR FIX A RELATIONSHIP	<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> <p>ZOOM SYRIA WARRIOR PSYCHOTHERAPIST</p>
Rompiendo el Silencio	10/27/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>GIVING IS MORE PROFIT THAN RECEIVING - GIVING A HAND TO THE NEEDY</p>	<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	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>BE A SPONGE OR WATERPROOF PERSON?</p>	<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</p>

				REMODELING MENTALITY AND CREATING CONSCIOUS HABITS ZOOM MARISOL CÁZARES NEUROLINGUISTIC PROGRAMMING COACH
Rompiendo el Silencio	10/31/2023	<i>Starts: 6:00pm Ends: 6:58pm 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>Starts: 6:00pm Ends: 6:58pm 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>Starts: 6:00pm Ends: 6:58pm</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

		<i>Duration:58min</i>		<p>OUR FEELINGS, IDEAS AND PERCEPTIONS BUT WHAT HAPPENS WHEN THOSE OPINIONS CAUSE PROBLEMS IN 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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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</p>

				<p>YOU THAT YOUR THOUGHTS CHANGED DUE TO SOME PHYSICAL AILMENT?</p> <p>Guest 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><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	ELIMINATION OF VIOLENCE AGAINST WOMEN	<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>Guess: 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><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	HOW TO CURE BAD MOOD?	<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><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	TYPES OF BREAKS WE NEED DO YOU FEEL TIRED ALL THE TIME?	<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</p>

				<p>DR. MARGARITA GONZÁLEZ FAMILY DOCTOR</p> <p>DR. DULCE FLORES PSYCHIATRIST</p>
Rompiendo el Silencio	11/13/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>WELL-BEING AND TIME THAT MOTHERS DEDICATE WITH THEIR CHILDREN FULL-TIME CHILDREN CONCERNS OF A MOTHER</p>	<p>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.</p> <p>Guess: YENY HERCULES COMPREHENSIVE MENTAL HEALTH THERAPIST IG: YENWELLNESS</p> <p>JULIA AGUILAR PEDAGOGIST IG: JULIA.AGUILAR.M.3</p> <p>ZOOM: ERIKA ANGLE CHILD PSYCHOLOGY EARLY CHILDHOOD SPECIALIST</p>
Rompiendo el Silencio	11/14/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>YOU CAN CONTROL YOUR DIABETES</p>	<p>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</p> <p>Guests: MIMI CASTILLO PERSONAL TRAINER</p> <p>GLADYS MENENDEZ LIFE COACH AND NURSE</p> <p>DR. ELYMIR GALVIS INTERNAL MEDICINE - CLINICAL GASTROENTEROLOGIST</p> <p>LIVE TRANSMISSION – LIVE U NANCY TABARES</p>
Rompiendo el Silencio	11/15/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>PUBERTY: FROM GIRL TO WOMAN</p>	<p>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</p> <p>Guests:</p>

				<p>DR. NATY CIFUENTES GYNECOLOGIST</p> <p>ZOOM SILVIA RAMÍREZ</p>
Rompiendo el Silencio	11/16/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>JOY AND NEW OPPORTUNITIES IN THE THIRD AGE</p>	<p>AGING IS A NATURAL PART OF LIFE, AND ADDRESSING IT IN A HEALTHY WAY HAS BECOME A FUNDAMENTAL TOPIC TODAY.</p> <p>Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>JOHA RIVERA REMODELING MENTALITY AND CREATING CONSCIOUS HABITS</p> <p>ZOOM JOY BRIDGES PSYCHOLOGIST</p> <p>LIVE U WITH REPORTER MIRIAM NUÑEZ</p> <p>ZOOM JIMENA SANCHEZ</p>
Rompiendo el Silencio	11/17/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>IT'S OUR FIFTH ANNIVERSARY!</p>	<p>CELEBRATION OF THE FIFTH ANNIVERSARY OF THE PROGRAM</p> <p>Guests: No guests this time.</p>
Rompiendo el Silencio	11/20/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>START AGAIN</p>	<p>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.</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>ELIZABETH PAMANES FAMILY ADVISOR- EMOTIONAL HEALTH MENTOR</p> <p>ZOOM SYRIA WARRIOR PSYCHOTHERAPIST SPECIALIST IN CHILDREN AND ADOLESCENTS</p> <p>RAINBOW ARTIST WORKSHOP WORK WITH CHILDREN ON THE IMPORTANCE OF TELLING THE TRUTH</p>

Rompiendo el Silencio	11/21/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	OVERCOME A LOSS LOSS IS A NATURAL PART OF LIFE.	DEALING WITH THE FEELINGS OF GRIEF THAT COME WITH LOSS IS HARD WORK AND TAKES TIME. Guests: MARTHA DIAZ THANATOLOGY - THERAPIST NANCY CAROLINA DAMIAN PSYCHOLOGIST IRMA BERBABA WRITER ZOOM JESSICA MEDINA PSYCHOBODY THERAPIST
Rompiendo el Silencio	11/22/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	DEPRESSION IN WOMEN	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 Guests: BINAH VARGAS THERAPIST JENNIFER BARRERRA PSYCHOTHERAPIST KATTY TESTIMONY ZOOM CAROLINA URIBE PSYCHOLOGIST
Rompiendo el Silencio	11/23/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	THE IMPORTANCE OF GRATITUDE	THANK YOU” IS A SIMPLE WORD, WHICH PRODUCES 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. Guests: JULIA AGUILAR PEDAGOGIST ZULEM COLIN

				<p>LIFE COACH</p> <p>NANCY CAROLINA DAMIAN PSYCHOLOGIST</p>
Rompiendo el Silencio	11/24/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	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	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	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	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	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</p>

				SPECIALTY IN FAMILY THERAPY AND ADDICTIONS MARIANA MORALES PSYCHIATRIST
Rompiendo el Silencio	11/29/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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

				<p>NOTHING MATTERS TO US, ONLY OUR LOVE COUNTS.</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST 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>Starts: 6:00pm</i> <i>Ends: 6:58pm</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 PEDAGOGUE- FAMILY GUIDE</p>
Rompiendo el Silencio	12/05/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</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>

				DIEGO BAEZ TESTIMONY
Rompiendo el Silencio	12/06/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	LOVE CONQUERS ALL?	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 STRENGTH”, “LOVE OVERCOMES ANY ADVERSITY”. GUESTS: PALOMA ZÚÑIGA LIFE COACH GLADYS MENENDEZ LIFE COACH ZOOM REBECCA FERNÁNDEZ PSYCHOLOGIST
Rompiendo el Silencio	12/07/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	PRACTICE EMOTIONAL DETACHMENT	DETACHMENT AND ATTACHMENT REFER TO THE ABILITY THAT HUMAN BEINGS HAVE TO ATTACH AND DETACH OURSELVES WITH OTHER PEOPLE, PLACES OR THINGS. Guest JULIA AGUILAR PEDAGOGIST IG: JULIA.AGUILAR.M.3 DANIELA GONZÁLEZ CONSCIOUSNESS FACILITATOR ZOOM SILVIA RAMIREZ PSYCHOLOGIST
Rompiendo el Silencio	12/08/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	GASTRIC PROBLEMS: CAUSES AND CONSEQUENCES	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. Guess: DR. LUCIANA YACOMOTO FAMILY DOCTOR SPECIALIZED IN AESTHETIC MEDICINE JUDITH TOPETE NUTRITIONIST

				ZOOM: DR. KAREN ALARCÓN
Rompiendo el Silencio	12/11/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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 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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	HOW IS JEALOUSY "CURED"?	<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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	WORK ADDICTS	<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> <p>ZOOM MARIANA BERMUDEZ CLINICAL PSYCHOLOGIST</p>
Rompiendo el Silencio	12/14/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	HOW TO REMOVE LOCALIZED FAT QUICKLY AND SAFELY?	<p>LOCALIZED FAT CAN BE A HEADACHE THAT GENERATES A FEELING OF HELPLESSNESS AND LOW SELF-ESTEEM.</p> <p>Guests: NANCY TABARES HEALTH AND NUTRITION COACH</p> <p>ALEJANDRA ORTEGA SPECIALIST IN SKIN CARE</p> <p>VIVIANA RODRIGUEZ OCCUPATIONAL THERAPIST – TRAINER</p>
Rompiendo el Silencio	12/15/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	CHALLENGES IN RAISING AN AUTIST CHILD	<p>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.</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>ERIKA PRADA MOTHER OF TWO CHILDREN WITH AUTISM</p> <p>ZOOM FABIOLA MEJIA MOTHER OF A 7-YEAR-OLD AUTISTIC CHILD</p>
Rompiendo el Silencio	12/18/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	DETAILS THAT MAKE THE DIFFERENCE	<p>GENERALLY, WE ARE NOT AWARE THAT WHAT IS IMPORTANT IS NOT THE EXTRAORDINARY THINGS, BUT THE EVERYDAY THINGS AND THE PEOPLE</p>

				<p>AROUND US, UNTIL IT IS LATE AND WE ARE MISSING THEM.</p> <p>Guests: GLADYS MENENDEZ LIFE COACH</p> <p>JAQUELINE VRBA PRESIDENT OF FRIDARS ORGANIZATION</p> <p>JOHANNA DIAZ NEURO COACH</p> <p>ZOOM PAOLA VIVAS COMMUNICATION MENTOR</p>
Rompiendo el Silencio	12/19/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>FORGOTTEN OR LACK OF ATTENTION?</p>	<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	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i></p>	<p>CHALLENGES OF LONELINESS</p>	<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>Starts: 6:00pm Ends: 6:58pm 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 STYLIST</p> <p>KAROL SANDES IMAGE AND STYLE CONSULTANT</p> <p>CLOTHES BY: I TOO FASHION</p>
Rompiendo el Silencio	12/22/2023	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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	<i>Starts: 6:00pm Ends: 6:58pm Duration:58min</i>	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</p>

				<p>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>Starts: 6:00pm</i> <i>Ends: 6:58pm</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: ANDREA OLIVARES FACIAL YOGA EXPERT</p> <p>LILY AESTHETICIAN</p> <p>ZOOM JULIANA ZULUAGA DERMATOLOGIST</p>
Rompiendo el Silencio	12/27/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</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	12/28/2023	<p><i>Starts: 6:00pm</i> <i>Ends: 6:58pm</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</p>

				<p>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	<i>Starts: 6:00pm</i> <i>Ends: 6:58pm</i> <i>Duration:58min</i>	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> <p>JOANNA COACH</p> <p>ZOOM CLAUDIA BARBA PSYCHOLOGIST</p>

Community Issues Program List

October 2023 through December 2023

*All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour*

Date and Time	Program	Talent	Description
2023-10-20 04:30*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Izhar Buendia discuss park exercises.
2023-10-23 14:00*	Action 4 Life	Casio Jones (Host), Izhar Buendia	Casio Jones and Curtis Eakins discuss nutrition, health, and exercise.
2023-10-25 14:00*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones with Trent Chance discuss and demonstrate exercises for body repair.
2023-10-27 04:30*	Action 4 Life	Casio Jones (Host), Trent Chance	Casio Jones and Trent Chance discuss the benefits of massage.
2023-10-30 14:00*	Action 4 Life	Casio Jones (Host), Ben Burkhamer	Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise.
2023-11-01 14:00*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss the exercise benefits of mall walking.
2023-11-03 04:30*	Action 4 Life	Casio Jones (Host), Frances Clark	Casio Jones with Frances Clark discuss the benefits of pool exercise.
2023-11-06 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and demonstrate exercises.
2023-11-08 14:00*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises.
2023-11-10 04:30*	Action 4 Life	Casio Jones (Host), Lynne Thompson Cundiff	Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy dinner and demonstrate exercises.
2023-11-13 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercising with a Trike.
2023-11-15 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms demonstrate exercise techniques.
2023-11-17 04:30*	Action 4 Life	Casio Jones (Host), Larry McLucas	Casio Jones and Larry McLucas discuss the benefits of Chiropractic procedures.
2023-11-20 14:00*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones with Idalia Dinzey discuss nutrition and the pitfalls of the Mac & Cheese diet.
2023-11-22 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles	Casio Jones with Barry Bayles discuss the benefits of running exercises.
2023-11-24 04:30*	Action 4 Life	Casio Jones (Host), Dora Bayles	Casio Jones and Dora Bayles discuss the choosing the right bicycle.
2023-11-27 14:00*	Action 4 Life	Casio Jones (Host), Kevin Toms	Casio Jones and Kevin Toms discuss the option of a fitness center workout.
2023-11-29 14:00*	Action 4 Life	Casio Jones (Host), Dan Summers	Casio Jones and Dan Summers demonstrate exercise techniques.
2023-12-01 04:30*	Action 4 Life	Casio Jones (Host), Tom Mann	Casio Jones with Tom Mann discuss Nutrition
2023-12-04 14:00*	Action 4 Life	Casio Jones (Host), Kevin Tom	Casio Jones and Kevin Tom discuss exercise by cycling.
2023-12-06 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones with Galen Comstock discuss the effects of sugar on the body.
2023-12-08 04:30*	Action 4 Life	Casio Jones (Host), Sarah Behn	Casio Jones with Sarah Behn talk about Juice and health.
2023-12-11 14:00*	Action 4 Life	Casio Jones (Host), Barry Bayles & Dora Bayles	Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises.

Community Issues Program List

October 2023 through December 2023

*All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour*

Date and Time	Program	Talent	Description
2023-12-13 14:00*	Action 4 Life	Casio Jones (Host), Galen Comstock	Casio Jones and Galen Comstock discuss Florida hospital wellness center.
2023-12-15 04:30*	Action 4 Life	Casio Jones (Host), Monique Anderson	Casio Jones and Monique Anderson discuss Florida wellness center.
2023-12-18 14:00*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss running benefits.
2023-12-20 14:00*	Action 4 Life	Casio Jones (Host), Nadine Brooks	Casio Jones and Nadezda Stortz discuss reducing body fat sensibly and demonstrate exercises..
2023-12-22 04:30*	Action 4 Life	Casio Jones (Host), Idalia Dinzey	Casio Jones and Idalia Dinzey discuss the options of bicycles
2023-12-27 14:00*	Action 4 Life	Casio Jones (Host), Dan "Curly" Summers	Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy.
2023-12-29 04:30*	Action 4 Life	Casio Jones (Host), Marcie English	Casio Jones with Marcie English discuss Kayaking .
2023-10-02 14:00*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones and Mindy Isaacs discuss buddy workout.
2023-10-04 14:00*	Action 4 Life	Casio Jones (Host), Mindy Issacs, Bradley Hite	Casio Jones and Mindy Isaacs discuss a great workout!.
2023-10-06 04:30*	Action 4 Life	Casio Jones (Host), Mindy Isaacs	Casio Jones (Host) and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2023-10-09 14:00*	Action 4 Life	Casio Jones (Host), Zion Judea Hamilton	Casio Jones and Mindy Isaacs discuss a pair of dumbbells and yourself!.
2023-10-11 14:00*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball.
2023-10-13 04:30*	Action 4 Life	Casio Jones (Host), Rena Lee	Casio Jones and Rena Lee discuss exciting workout with the medicine ball.
2023-10-16 14:00*	Action 4 Life	Casio Jones (Host), Monica Flowers	Casio Jones and Monica Flower discuss focus on the midsection.
2023-10-18 14:00*	Action 4 Life	Casio Jones (Host), Tyler Flower	Casio Jones and Monica Flowers discuss who doesn't like to stretch?.
2023-11-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about controlling high blood pressure.
2023-11-15 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins talk about some ideas for controlling cholesterol.
2023-11-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis & Paula Eakins talk about stroke prevention.
2023-11-22 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Diabetes - An Epidemic.
2023-11-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins show how to prepare meals in minutes.
2023-11-29 13:30*	Abundant Living	Curtis & Paula Eakins	Amy Wellard and Cherie Lon Fernandez discuss fibroids.
2023-12-04 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss the 3 diets.
2023-12-06 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss medicines from the earth.
2023-12-11 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking.

Community Issues Program List

October 2023 through December 2023

*All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour*

Date and Time	Program	Talent	Description
2023-12-13 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss american idle.
2023-12-18 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss living waters.
2023-12-20 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss cooking - lentil recipes.
2023-12-27 13:30*	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss seeking shut eye.
2023-10-02 13:30*	Abundant Living	Curtis & Paula Eakins	discusses tools for transformation.
2023-10-04 13:30*	Abundant Living	Curtis & Paula Eakins	discusses sista, can we talk?.
2023-10-09 13:30*	Abundant Living	Curtis & Paula Eakins	discusses relieving power surges.
2023-10-11 13:30*	Abundant Living	Curtis & Paula Eakins	discusses a woman's heart.
2023-10-16 13:30*	Abundant Living	Curtis & Paula Eakins	discusses reversing heart failure.
2023-10-18 13:30*	Abundant Living	Curtis & Paula Eakins	discusses crockpot cooking.
2023-10-23 13:30*	Abundant Living	Curtis & Paula Eakins	discusses the master gland.
2023-10-25 13:30*	Abundant Living	Curtis & Paula Eakins	discusses thyroid recovery!.
2023-10-30 13:30*	Abundant Living	Curtis & Paula Eakins	discusses mom's special breakfast.
2023-11-01 13:30*	Abundant Living	Curtis & Paula Eakins	discusses malignancies of matrons & misses.
2023-11-06 13:30*	Abundant Living	Curtis & Paula Eakins	discusses sunshine vitamin.
2023-11-08 13:30*	Abundant Living	Curtis & Paula Eakins	discusses mixed berry recipes.
2023-11-08 06:00*	Body and Spirit	Michael Webb, Dick Nunez, Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2023-11-10 06:00*	Body and Spirit	Dick Nunez, Patricia Juarez, Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
2023-11-13 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
2023-11-15 06:00*	Body and Spirit	Dick Nunez, Elora Ford, Ethel Carlsson	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2023-11-17 06:00*	Body and Spirit	Dick Nunez (Host), Barbara Nolen, Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
2023-11-20 06:00*	Body and Spirit	Susan Santos, Dick Nunez, Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
2023-11-22 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2023-11-24 06:00*	Body and Spirit	Ted Arview, Dick Nunez	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strength training for seniors.
2023-11-27 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
2023-11-29 06:00*	Body and Spirit	Joe Carrell, Dee Hilderbrand, Dick Nunez	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2023-12-01 06:00*	Body and Spirit	Dick Nunez, Justin Walker, Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for strength training for youth.
2023-12-04 06:00*	Body and Spirit	Randi Brewer, Dick Nunez, Mindy Kellum	Dick Nunez, with helpers, demonstrate beginning exercising.

Community Issues Program List

October 2023 through December 2023

*All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour*

Date and Time	Program	Talent	Description
2023-12-06 06:00*	Body and Spirit	Greg Morikone, Michael Webb, Dick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunez and Andrew Hard.
2023-12-08 06:00*	Body and Spirit	Dick Nunez, Scott Tanner, Miles Scruggs	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2023-12-11 06:00*	Body and Spirit	Ethel Carlsson, Elora Ford, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2023-12-13 06:00*	Body and Spirit	Dick Nunez (Host), Michael Webb, Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2023-12-15 06:00*	Body and Spirit	Tony Hall, John Dinzey, Dick Nunez	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
2023-12-18 06:00*	Body and Spirit	Tammy Larson, Dick Nunez, Patricia Juarez	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
2023-12-20 06:00*	Body and Spirit	Michael Webb, Miles Scruggs, Dick Nunez	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
2023-12-22 06:00*	Body and Spirit	Nicole Garcia, Dick Nunez	Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health.
2023-12-27 06:00*	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
2023-12-29 06:00*	Body and Spirit	Dick Nunez, Greg Morikone, Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
2023-10-02 06:00*	Body and Spirit	Dick Nunez (Host), Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2023-10-04 06:00*	Body and Spirit	Dick Nunez (Host), Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2023-10-06 06:00*	Body and Spirit	Dick Nunez (Host), Art Garner and Brittany Nunez	David DeRose and John Clark discusses hope and healing.
2023-10-09 06:00*	Body and Spirit	Dick Nunez (Host), Mark Lenz	Charles Mills and Dr. James Marcum discuss the rhythm of life, pt.1.
2023-10-11 06:00*	Body and Spirit	Dick Nunez (Host), Ronnie Evans Jr.	Dick Nunez and Mark Lenz discuss knee rehab.
2023-10-13 06:00*	Body and Spirit	Dick Nunez (Host), Rony Evans Sr.	Dick Nunez and Ronnie Evans Jr. discuss muscle tone.
2023-10-16 06:00*	Body and Spirit	Dick Nunez (Host), Mark & Diane Lenz	Dick Nunez and Rony Evans Sr. discuss senior fitness.
2023-10-18 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez & Fischer	Dick Nunez, Mark, and Diane Lenz discuss heart disease.
2023-10-20 06:00*	Body and Spirit	Dick Nunez (Host), Brian Heath	Dick Nunez, Lisa Nunez, and Fischer discuss sport training.
2023-10-23 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Brian Heath discuss fat burning.

Community Issues Program List

October 2023 through December 2023

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Date and Time	Program	Talent	Description
2023-10-25 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Lisa Nunez discuss sugar burning.
2023-10-27 06:00*	Body and Spirit	Dick Nunez (Host), Terrance Marshall	Dick Nunez and Lisa Nunez discuss fibromyalgia.
2023-10-30 06:00*	Body and Spirit	Dick Nunez (Host), Brandon Tygret	Dick Nunez and Terrance Marshall discuss shoulder pain.
2023-11-01 06:00*	Body and Spirit	Dick Nunez (Host), Lisa Nunez	Dick Nunez and Brandon Tygret discuss strength training.
2023-11-03 06:00*	Body and Spirit	Dick Nunez (Host), Mary Cordes	Dick Nunez and Lisa Nunez discuss supplements.
2023-11-06 06:00*	Body and Spirit	Dick Nunez (Host), Kenny Rivera	Dick Nunez and Mary Cordes discuss osteoporosis.
2023-11-02 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez and helpers show aerobics exercises for health.
2023-11-05 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
2023-11-07 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Brittany Nunez	Dick Nunez with helpers discusses fitness level and demonstrates exercises to help.
2023-11-09 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Becky Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
2023-11-12 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
2023-11-14 06:00*	Body and Spirit Aerobics	Mrs. Ford, Dick Nunez	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
2023-11-16 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
2023-11-19 06:00*	Body and Spirit Aerobics	Dick Nunez, Elora Ford	Senior Citizen Fitness involves appropriate exercising.
2023-11-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
2023-11-26 06:00*	Body and Spirit Aerobics	Dick Nunez, Andrew Hard, Rick Nunez	Dick Nunez with helpers show and talk about exercises for beginners.
2023-11-28 06:00*	Body and Spirit Aerobics	Rick Nunez, Dick Nunez, Andrew Hard	Dick Nunez with helpers show and talk about exercises for toning your muscles..
2023-11-30 06:00*	Body and Spirit Aerobics	Matthew Hard, Fred Garber, Dick Nunez	Dick Nunez with helpers show and talk about workout exercises for men.
2023-12-03 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2023-12-05 06:00*	Body and Spirit Aerobics	Dick Nunez, Brittany Nunez, Becky Garber	Dick Nunez and helpers demonstrate simple home exercises for women.
2023-12-07 06:00*	Body and Spirit Aerobics	Brittany Nunez, Becky Garber, Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2023-12-10 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2023-12-12 06:00*	Body and Spirit Aerobics	Fred Garber, Matthew Hard, Dick Nunez	Dick Nunez, Fred Garber, and Matthew Hard discuss comfort of your own home.

Community Issues Program List

October 2023 through December 2023

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Date and Time	Program	Talent	Description
2023-12-14 06:00*	Body and Spirit Aerobics	Becky Garber, Brittany Nunez, Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2023-12-17 06:00*	Body and Spirit Aerobics	Becky Garber, Dick Nunez, Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2023-12-19 06:00*	Body and Spirit Aerobics	Andrew Hard, Dick Nunez, Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2023-12-21 06:00*	Body and Spirit Aerobics	Dick Nunez, Fred Garber, Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2023-12-24 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez	For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber.
2023-12-26 06:00*	Body and Spirit Aerobics	Dick Nunez, Rick Nunez, Andrew Hard	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2023-12-28 06:00*	Body and Spirit Aerobics	Fred Garber, Dick Nunez, Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2023-12-31 06:00*	Body and Spirit Aerobics	Dick Nunez, Becky Garber, Brittany Nunez	Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women.
2023-10-03 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins	Dick Nunez with Daniel Hopkins demonstrate high intensity exercises.
2023-10-05 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Corrie Sample, Brittany Nunez	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercise to reduce pain from Fibromyalgia.
2023-10-08 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Larry McLucas	Dick Nunez with Larry Mc Lucas demonstrate exercise to strengthen the hips.
2023-10-10 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample demonstrate exercises to help strenghten your bones.
2023-10-12 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Corrie Sample	Dick Nunez, Brittany Nunez, and Corrie Sample discuss the effects of eating disorders.
2023-10-15 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Brittany Nunez, Zak Oberholster	Dick Nunez, Brittany Nunez, and Zak Oberholster demonstrate exercise to increase fat metabolism.
2023-10-17 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss the benefits of outdoor activities.
2023-10-19 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Chuck Algaier	Dick Nunez with Chuck Algaier demonstrate knee strenghtening exercises.
2023-10-22 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Zak Oberholster	Dick Nunez, Daniel Hopkins, and Zak Oberholster demonstrate men's exercises.
2023-10-24 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Kalie O'Brien, Zak Oberholster	Dick Nunez, Kalie O'Brien, and Zak Oberholster discuss recreational activities.
2023-10-26 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Rabecca Lovelace	Dick Nunez, Daniel Hopkins, and Rabecca Lovelace discuss depression.
2023-10-29 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Dick Hutchinson	Dick Nunez and Dick Hutchinson discuss neck problems.

Community Issues Program List

October 2023 through December 2023

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Date and Time	Program	Talent	Description
2023-10-31 06:00*	Body and Spirit Aerobics	Dick Nunez (Host), Daniel Hopkins, Corrie Sample	Dick Nunez, Corrie Sample, and Daniel Hopkins discuss protein.
2023-12-04 05:30*	Cook 30	Jeremy Dixon	Curtis Eakins and Paula Eakins discuss friends and family.
2023-12-11 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses spinach, ginger, curry & others.
2023-12-18 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea pizza & others.
2023-12-25 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses corn chowder & others.
2023-10-03 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses nachos.
2023-10-10 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses chickpea satay et al.
2023-10-17 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses salad mix.
2023-10-24 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian.
2023-10-31 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses curried zucchini fritters et al.
2023-11-07 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2023-11-14 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-11-21 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses greek potato cake et al.
2023-11-28 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican feast.
2023-12-05 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses breakfast 2.
2023-12-12 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses shepherdess pie et al.
2023-12-19 13:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mchealthy meal combo.
2023-10-06 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses goulash et al.
2023-10-13 09:30*	Cook 30	Jeremy Dixon	Charles Mills and Dr. James Marcum discuss the heart of the matter.
2023-10-20 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses tarka dahl et al.
2023-10-27 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indian chickpea.
2023-11-03 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses dahalatoullie et al.
2023-11-10 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses stuffed sweet potato et al.
2023-11-17 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses asian vietnamese pho noodles et al.
2023-11-24 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican chile con haba et al.
2023-12-01 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses jacket potatoes w/mushroom & lentils.
2023-12-08 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mega stir fry.
2023-12-15 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gourmet dahl.
2023-12-22 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses italian tomato pasta & salads.
2023-12-29 09:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses supercharged savory breakfast bowl.
2023-10-02 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses thai.
2023-10-09 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses healthy finger food.
2023-10-16 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses mexican.

Community Issues Program List

October 2023 through December 2023

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2023-10-23 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous.
2023-10-30 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls.
2023-11-06 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses the ultimate breakfast and lunch preparation.
2023-11-13 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses root vegetable & cos salad.
2023-11-20 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses french lentil ragout.
2023-11-27 05:30*	Cook 30	Jeremy Dixon	Jeremy Dixon discusses beetroot risotto & others.
2023-10-02 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Dan & Angela Clark	Cheri Peters, Caleb Coller, Jamie Pottinge, Jean Jarda, and Karina Silva discuss miracle meadows.
2023-10-11 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jason & Rachael Bickal	Cheri Peters (Host), Jason, and Rachael Bickal discuss keep on workin'.
2023-10-16 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Raven White	Cheri Peters with Raven White discuss controlling addiction in a segment titled Live for Me.
2023-10-23 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Lee & Amy Wellard	Cheri Peters with Lee and Amy Wellard discuss recovering from addiction in a segment titled Crossing Paths.
2023-10-30 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part I.
2023-11-06 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jeremy & Heidi Summerlin	Cheri Peters with Jeremy and Heidi discuss addictive behaviour and the resulting twisted life. Part II.
2023-11-13 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Bobbie Hartman, Tammy Hartman, Haylee Staton	Cheri Peters with Bobbie Hartman, Haylee Staton, and Tammy Hartman discuss the affects a mother's death has on a daughter's love.
2023-11-22 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Marcia Armstead	Cheri Peters and Marcia Armstead discuss rebellion.
2023-11-27 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Palischer Ratliff	Cheri Peters and Palischer Ratliff discuss i tell you these things before they happen.
2023-12-06 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Ashley Desormeau	Cheri Peters and Ashley Desormeau discuss how feelings of not being good enough are harmful to self esteem.
2023-12-11 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brian Shaul, David Allen	Cheri Peters, Brian Shaul, and David Allen discuss emotional challenges.
2023-12-20 12:00!	Celebrating Life in Recovery	Cheri Peters (Host), Brad Peters	Cheri Peters , Brian Shaul, and David Allen discuss helpful hints to free you from anger.
2023-12-25 01:00!	Celebrating Life in Recovery	Cheri Peters (Host), Jennifer Jill Schwirzer	Cheri Peters, and Jennifer Jill Schwirzer discuss eating disorders.
2023-10-05 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Rico Hill, Jim Said, and Vera Onkoba discuss the constitution of constipation.
2023-10-12 10:00*	From Sickness to Health	Rico Hill (Host), Jim Said, Lydia Calhoun	Jeremy Dixon discusses thai green curry lentils et al.

Community Issues Program List

October 2023 through December 2023

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2023-10-19 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Jim Said	Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up.
2023-10-22 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer, Nwamiko Madden	Cheri Peters (Host), Adam, and Rayne Hamilton discuss grace.
2023-11-02 10:00*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun.
2023-11-05 03:30*	From Sickness to Health	Rico Hill (Host), Schubert Palmer	Rico Hill (Host) and Schubert Palmer discuss when the heart attacks.
2023-11-16 10:00*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Schubert Palmer discuss blood, the current of life.
2023-11-19 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss is red meat really red?.
2023-11-26 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss how clean is unclean?.
2023-12-03 03:30*	From Sickness to Health	Rico Hill (Host), Milton Mills	Rico Hill (Host) and Milton Mills discuss please pass the sugar.
2023-12-14 10:00*	From Sickness to Health	Rico Hill (Host), Mwamiko Madden, Yvonne Lewis	Rico Hill (Host) and Milton Mills discuss never thirst again.
2023-12-21 10:00*	From Sickness to Health	Rico Hill (Host), Dr. Jackson, Yvonne Lewis	Rico Hill (Host), Mwamiko Madden, and Yvonne Lewis discuss laws of health.
2023-12-24 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark	Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription.
2023-12-31 03:30*	From Sickness to Health	Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy	Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure.
2023-10-06 03:30*	Live to Be Well	Dr. Kim	discusses straight ahead.
2023-10-27 03:30*	Live to Be Well	Dr. Kim	discusses i'm changing.
2023-11-03 03:30*	Live to Be Well	Dr. Kim	discusses no regrets.
2023-11-10 03:30*	Live to Be Well	Dr. Kim	discusses not letting go!.
2023-11-17 03:30*	Live to Be Well	Dr. Kim	discusses taking my life back.
2023-12-01 03:30*	Live to Be Well	Dr. Kim	discusses young, gifted, and blessed.
2023-12-08 03:30*	Live to Be Well	Dr. Kim	discusses special treasure.
2023-12-15 03:30*	Live to Be Well	Dr. Kim	discusses against all odds.
2023-12-22 03:30*	Live to Be Well	Dr. Kim	discusses thriving through the pain.
2023-12-29 03:30*	Live to Be Well	Dr. Kim	discusses educated to educate others.
2023-11-12 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking.
2023-11-14 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance.
2023-11-16 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D.	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping exercises for osteoporosis.
2023-11-19 14:00*	Body and Spirit (New)	Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse	Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show aerobic exercises than can be done in the home.

Community Issues Program List

October 2023 through December 2023

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2023-11-21 14:00*	Body and Spirit (New)	Andi Hunsaker M.D. (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker M.D., Lauren Rittenhouse and Lyndi Schwartz discuss the joy of exercising.
2023-11-26 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan	Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back.
2023-11-28 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan	Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back.
2023-11-30 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark	Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders.
2023-12-03 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Pam Turner, Summer Boyd	Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily.
2023-12-05 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), LaDonna Terrill, Tim Tiernan	Jeanie Weaver, LaDonna Terrill, and Tim Tiernan show how to do strenght training exercises.
2023-12-07 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Teresa Bonilla, Tim Tiernan	Jeanie Weaver, Teresa Bonilla, and Tim Tiernan show exercises to help control your waisline.
2023-12-10 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Tim Tiernan, Wendy Mitchell	Jeanie Weaver, Tim Tiernan, and Wendy Mitchell show exercises to help aching feet.
2023-12-12 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan	Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness.
2023-12-14 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell	Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis.
2023-12-17 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Donna Hall, Betsy Sajdak	Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises.
2023-12-19 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Garland & Donna Blanton	Jeanie Weaver, Garland & Donna Blanton show how to do a spinal wrap that will help straighten your posture.
2023-10-03 14:00*	Body and Spirit (New)	Jeanie Weaver (Host), Betsy Sajdak, Donna Hall	Jeanie Weaver, Betsy Sajdak, and Donna Hall show us how to do body stretches.
2023-10-05 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi Schwartz	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health.
2023-10-08 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Lauren Rittenhouse, Andi Hunsaker	Lyndi Schwartz , Andi Hunsaker, and Lauren Rittenhouse discuss how the body is designed for action, not a sedentary lifestyle.
2023-10-10 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz perform leaping exercises to help agility and building strenght.
2023-10-12 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Lyndi Schwartz, Andi Hunsaker, and Lauren Rittenhouse perfrom core strengthening exercises.

Community Issues Program List

October 2023 through December 2023

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2023-10-15 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Lauren Rittenhouse	Andi Hnusaker with Lauren Rittehouse and Lyndi Schwartz discuss benefits of stepping exercises.
2023-10-17 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Lauren Rittenhouse	Ron Giannoni with Dr. Richard Lukens and Joe Westbury discuss the pitfalls of the American Lifestyle on health.
2023-10-19 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens	Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit.
2023-10-22 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Andi Hunsaker, Nancy Diaz	Lyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss cardiovascular training / balance and strength.
2023-10-24 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness.
2023-10-26 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Nancy Diaz, and Tami Bivens discuss balance ball / abdominal workout.
2023-10-29 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life.
2023-10-31 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens	Alane Waters and Tom Waters discuss prayers of love.
2023-11-02 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands.
2023-11-05 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss strengthening in the legs.
2023-11-07 14:00*	Body and Spirit (New)	Lyndi Schwartz (Host), Nancy Diaz, Tami Bivens	Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss waving with confidence.
2023-11-09 14:00*	Body and Spirit (New)	Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz	Lyndi Schwartz, Nancy Diaz, and Tami Bivens discuss the core of the matter.
2023-12-29 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	discusses disease that can't be cured.
2023-10-13 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss preparing to optimize 4 life.
2023-10-17 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your workout.
2023-10-24 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss good dieting practices.
2023-11-03 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circadian rhythm.
2023-11-07 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your brain & nervous system.

Community Issues Program List

October 2023 through December 2023

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2023-11-17 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your muscular system.
2023-11-24 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your skeletal system.
2023-11-28 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your circulatory system.
2023-12-08 09:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your digestive system.
2023-12-15 09:00*	Optimize 4 Life	Dick Nunez (Host), Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez, Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your endocrine system.
2023-12-19 02:00*	Optimize 4 Life	Dick Nunez & Jay Sutcliffe (Host), Lisa Nunez	Dick Nunez (Host), Jay Sutcliffe (Host), and Lisa Nunez discuss optimize your respiratory system.
2023-11-22 15:00!	Today Cooking	Curtis and Paula Eikins	discusses thanksgiving supper celebration.
2023-10-04 23:00!	Today Cooking	Angela Lomacang	discusses simply fresh.
2023-11-08 15:00!	Today Cooking	Idalia Dinzey	discusses south american favorites.
2023-12-20 15:00!	Today Cooking		discusses lomacang family christmas dinner.
2023-12-27 08:00!	Today Cooking	John Lomacang	
2023-10-25 15:00!	Today Cooking	Yvonne Shelton	discusses christmas with the menas.
2023-12-06 08:00!	Today Cooking	Curtis and Paula Eikins	discusses the amazing eggplant.
2023-11-29 08:00!	Today Cooking	Idalia Dinzey	discusses a plant-based christmas.
2023-10-18 15:00!	Today Cooking	Idalia Dinzey	discusses diabetes defying breakfasts.
2023-10-18 15:00!	Today Cooking	Lucia Tiffany	discusses diabetes defying desserts.
2023-11-01 15:00!	Today Cooking	Angela Lomacang	discusses soups & salads made simple.
2023-10-11 15:00!	Today Cooking		discusses potato reset/nutrient dense weight loss recipes.
2023-11-15 20:00!	Today Cooking	Idalia Dinzey	discusses potluck prized recipes.
2023-12-13 23:00!	Today Cooking	Dee Hilderbrand	discusses christmas holiday favorites.
2023-10-26 13:00*	Ultimate	Dr. James Markum	discusses the one bowl meal.
2023-11-02 13:00*	Ultimate	Dr. James Markum	discusses the number 1 killer.
2023-11-09 13:00*	Ultimate	Dr. James Markum	discusses how to reduce your risk of coronary artery disease.
2023-11-17 05:30*	Prescription	Dr. James Markum	discusses atrial fibrillation.
2023-11-24 05:30*	Ultimate	Dr. James Markum	discusses 21 facing cardiovascular disease part 1.
2023-11-30 13:00*	Prescription	Dr. James Markum	discusses 21 facing cardiovascular disease part 2.
2023-12-07 13:00*	Ultimate	Dr. James Markum	discusses rhythms of the heart.
2023-12-14 13:00*	Ultimate	Dr. James Markum	discusses the latest advancements in medical tech.
2023-12-22 05:30*	Prescription	Dr. James Markum	discusses Danny Shelton's experience with bypass surgery.
2023-12-28 13:00*	Ultimate	Dr. James Markum	discusses danny shelton's experience with bypass surgery.

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2023-10-24 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around weight loss.
2023-10-31 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around Type 2 Diabetes.
2023-11-07 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Amott discuss health issues centering around the effects of Cholesterol.
2023-11-14 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	For your health, George Guthrie and Tim Arnott discuss plant foods.
2023-11-21 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Arnott discuss the importance of and cautions of common drinking water.
2023-11-28 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Arnott discuss the benefits and side effects of sun exposure.
2023-12-05 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	James Marcum and Charles Mills discuss the heart of health.
2023-12-12 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Armott review diet and how it affects your health.
2023-12-19 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	George Guthrie and Tim Armott discuss methods for avoiding Cancer
2023-12-26 05:30*	Wonderfully Made	George Guthrie, Tim Arnott	Dr. James Marcum and Charles Mills discuss disease fighting foods.
2023-10-03 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss menopause.
2023-10-10 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss cervical cancer.
2023-10-17 05:30*	Wonderfully Made	Amy Wellard, Cherie Lou Fernandez	Amy Wellard and Cherie Lon Fernandez discuss labor and delivery.