

KVDF-CD CHANNEL 31 – SAN ANTONIO, TX

**Q1 2024 ISSUES AND PROGRAMS LIST**

## 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
<b>JANUARY</b>				
Rompiendo el Silencio	01/01/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	<b>START THE YEAR MOTIVATED</b>	HAVE YOU HEARD OF BLUE MONDAY? IT IS A DATE THAT APPEARS IN THE NEWSPAPER OR SOCIAL NETWORKS EVERY YEAR. IN THEORY, THE INCREASE IN THE COSTS OF PRODUCTS AND THE MOTIVATION LEVELS OF PEOPLE IS CALCULATED FROM THE CLIMATE WITH WHICH THE YEAR BEGINS  Guests: MINERVA PADILLA PERSONAL AND BUSINESS COACH  ZOOM DR. HAYDEE MARTINEZ LIFE COACH
Rompiendo el Silencio	01/02/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	<b>DETOXIFY THE BODY TO START THE YEAR</b>	YOU HAVE SURELY HEARD TALK ABOUT “DETOX”, A TERM THAT HAS GAINED POPULARITY IN RECENT YEARS AND WHICH HAS NOTHING TO DO WITH THE MEDICAL CONCEPT OF DETOXICATION FROM ALCOHOL, NARCOTIC DRUGS OR OTHER ADDICTIVE SUBSTANCES.  Guests: GISELLE HERNANDEZ NUTRITIONIST IG: DRAGISELLEOFICIAL  YOYI FITNESS TRAINER
Rompiendo el Silencio	01/03/2023	Starts: 4:00pm Ends: 4:58pm Duration:58min	<b>OVERCOMING INSECURITIES</b>	OVERCOMING INSECURITIES: EXCESSIVE HAIR AND SWEATING AND HAIR LOSS  Guests: MARÍA ADELL

				<p>MEDICAL ASSISTANT</p> <p>SILVIA RAMÍREZ PSYCHOLOGIST</p> <p>ZOOM: JOHANA GALINDO (SHE HAD HIRSUTISM) DOCTOR SPECIALIST IN ALTERNATIVE MEDICINE</p>
Rompiendo el Silencio	01/04/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>HOW TO SAVE AND ORGANIZE FINANCES IN 2024?</p>	<p>THE BEGINNING OF A NEW YEAR IS AN IDEAL TIME TO ORGANIZE YOUR FINANCES AND FULFILL THE GOAL OF BEING DEBT FREE AND WHY NOT, ALSO SAVE SOME MONEY.</p> <p>GUESTS: KARLA QUIROZ EXPERT IN FINANCE</p> <p>MARILU BAILON REAL ESTATE AGENT</p> <p>ZOOM MIRIAN TORO FINANCIAL EDUCATOR</p> <p>MAFE OSORIO PERSONAL FINANCE MENTOR</p>
Rompiendo el Silencio	01/05/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>START ENTREPRENEURS</p>	<p>BEING AN ENTREPRENEURIAL PERSON IS NOT EASY. AMONG THE ATTRIBUTES REQUIRED, COMMITMENT, COURAGE AND AN UNBREAKABLE FAITH IN INNOVATION STAND OUT.</p> <p>Guest CLAUDIA SHAH SBDC BUSINESS ADVISOR</p> <p>NORA ANGELES CEO NATURAL BREAK JUICE</p> <p>PALOMA TORRES ENTREPRENEUR</p> <p>LIVE U: GUADELUPE LA GOURMET BAKERY</p>

<p>Rompiendo el Silencio</p>	<p>01/08/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p><b>GASTRIC PROBLEMS: CAUSES AND CONSEQUENCES</b></p>	<p>HOW DOES DIET AFFECT THE GUT MICROBIOTA? THERE ARE BILLIONS OF GOOD AND BAD BACTERIA IN THE GUT. GOOD BACTERIA HELP DIGESTION AND ABSORPTION OF NUTRIENTS, WHILE BAD BACTERIA CAN CAUSE INFLAMMATION.</p> <p>Guess: DR. LUCIANA YACOMOTO FAMILY DOCTOR SPECIALIZED IN AESTHETIC MEDICINE</p> <p>JUDITH TOPETE NUTRITIONIST</p> <p>ZOOM: DR. KAREN ALARCÓN</p>
<p>Rompiendo el Silencio</p>	<p>01/09/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p><b>STRESS IN MULTITASKING WOMEN</b></p>	<p>MULTITASKING IS THE ABILITY TO PERFORM MULTIPLE MENTAL FUNCTIONS EFFICIENTLY AT THE SAME TIME.</p> <p>Guests: NANCY DAMIAN PSYCHOLOGIST</p> <p>GLADYS MENENDEZ LIFE COACH</p> <p>JOHANNA DIAZ NEURO COACH</p> <p>ANAIS LARIOS LA CURVE SPA</p>
<p>Rompiendo el Silencio</p>	<p>01/10/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p><b>INTERIOR WELL- BEING EXTERIOR BEAUTY</b></p>	<p>MOST PEOPLE SAY: "LOOK AT THE INNER BEAUTY OF PEOPLE" BUT AT FIRST GLANCE THEY LOOK AND VALUE THE EXTERIOR, SO WHAT ARE WE AIMING FOR?</p> <p>Guess: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>MARTHA DIAZ THANATOLOGY - THERAPIST</p> <p>GABBY GUASSO SELF-HELP SPEAKER</p> <p>DORIS MAZARIEGOS MAKEUP ARTIST</p>

Rompiendo el Silencio	01/11/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	HOW TO MAKE GOOD THINGS HAPPEN TO YOU?	<p>DUE TO THE HUSTLE AND BUSTLE OF OUR DAILY ROUTINE, IT IS VERY EASY TO GET CAUGHT UP IN A NEGATIVE ATTITUDE THAT CAN LIMIT OUR ABILITY TO LEAD A FULL AND HAPPY LIFE.</p> <p>GUESTS: ELIZABETH PAMANES FAMILY ADVISOR- EMOTIONAL HEALTH MENTOR</p> <p>MAYRA ÁLVAREZ SPECIALIST IN HUMAN DEVELOPMENT</p>
Rompiendo el Silencio	01/12/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	FIGHT AGAINST DEPRESSION	<p>OCCASIONALLY, WE ALL FEEL MELANCHOLIC OR SAD, BUT THESE FEELINGS, GENERALLY, ARE TEMPORARY AND OVERCOME IN A SHORT TIME.</p> <p>Guests: ELISA GUZMAN FAMILY THERAPIST</p> <p>ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>ZOOM EMILY CHAVEZ NEUROPSYCHOPEDAGOG – FAMILY GUIDE</p>
Rompiendo el Silencio	01/15/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	CHALLENGES IN ADOLESCENCE	<p>ADOLESCENCE IS THE MOMENT OF TRANSITION BETWEEN CHILDHOOD AND ADULTHOOD. IT IS A STAGE WHERE THE TEENAGER SEARCHES FOR HIS OWN IDENTITY AND OBTAINS HIS AUTONOMY.</p> <p>Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>NANCY DAMIAN PSYCHOLOGIST</p>
Rompiendo el Silencio	01/16/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	OVERCOMING MONTHLY PAINS	<p>TODAY WE WILL DIVE INTO A FUNDAMENTAL TOPIC FOR WOMEN'S HEALTH AND WELL-BEING: THE MENSTRUAL CYCLE. THIS AMAZING AND COMPLEX BIOLOGICAL PROCESS NOT ONLY MARKS WOMEN'S UNIQUE ABILITY TO PROCREATE, BUT ALSO HAS A SIGNIFICANT IMPACT ON VARIOUS AREAS OF THEIR LIVES.</p> <p>Guests: NATALY CIFUENTES GYNECOLOGIST- OBSTETRIST</p>

				<p>GISELLE HERNANDEZ NUTRITIONIST</p> <p>JOHANNA DIAZ NEURO COACH</p>
Rompiendo el Silencio	01/17/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>POSITIVE AND NEGATIVE BEHAVIORS ARE CONTAGIOUS</p>	<p>TODAY WE WILL EXPLORE A FASCINATING PHENOMENON THAT DIRECTLY AFFECTS OUR LIVES AND THE NEXT GENERATION: THE CONTAGION OF BEHAVIORS FROM THE EXAMPLES WE PROVIDE TO OUR CHILDREN AND SOCIETY AT LARGE.</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ELISA GUZMAN FAMILY THERAPIST</p>
Rompiendo el Silencio	01/18/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>WAYS TO LOVE</p>	<p>LOVE MANIFESTS ITSELF IN WAYS AS DIVERSE AS THE PEOPLE WHO EXPERIENCE IT. EACH OF US HAS A UNIQUE WAY OF EXPRESSING AND RECEIVING LOVE, CREATING A MOSAIC OF EMOTIONAL CONNECTIONS THAT DEFINES OUR LIVES.</p> <p>Guests: MARCELA ARRIETA SPECIALIST IN EMOTIONAL HEALING</p> <p>PALOMA ZÚÑIGA LIFE COACH</p>
Rompiendo el Silencio	01/19/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>THE POWER OF THE HUG</p>	<p>THERE IS SOMETHING FROM THE MOMENT WE ARE BORN THAT WE FEEL A NEED FOR, THAT IS, TO BE LOVED AND CARED FOR BY OUR LOVED ONES. IN THE ABSENCE OF ANY OF THESE ELEMENTS WE CAN EXPERIENCE SOMETHING CALLED EMOTIONAL DEFICIENCY.</p> <p>Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>ZOOM OLIVIA PLATE PSYCHOLOGIST</p>
Rompiendo el Silencio	01/22/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>HOW TO OVERCOME LAZIN AND BE MORE PRODUCTIVE?</p>	<p>IF WE ASK OURSELVES HOW TO OVERCOME LAZINESS, THE ANSWER CAN BE FOUND IN MOTIVATION AND WILLPOWER. HOWEVER, THEY ARE VERY VOLATILE CONCEPTS, WHICH JUST AS THEY COME, DISAPPEAR.</p>

				<p>GUESTS: GLADYS MENENDEZ LIFE COACH</p> <p>NORA RODAS THERAPIST AND LIFE COACH</p> <p>LIZETTE FLORES ENTREPRENEUR, INVESTOR</p> <p>LIZETTE FLORES ZUMBA TRAINER</p>
Rompiendo el Silencio	01/23/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p><b>DON'T CONFUSE SELF-LOVE WITH VANITY</b></p>	<p>SELF-LOVE REFERS TO THE POSITIVE ASSESSMENT AND RESPECT THAT A PERSON HAS FOR THEMSELVES. INVOLVES ACCEPTANCE, SELF-ESTEEM AND CONFIDENCE IN YOUR ABILITIES AND WORTH AS AN INDIVIDUAL.</p> <p>GUESS: ZORAYDA CUEVAS MENTOR IN EMOTIONAL HEALTH</p> <p>JOHANNA DIAZ NEURO COACH</p> <p>ZOOM BRENDA GAONA PSYCHOTHERAPIST</p>
Rompiendo el Silencio	01/24/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p><b>SELF-CARE WILL HELP YOU PREVENT STRESS</b></p>	<p>THE EXPERIENCE OF STRESS IS UNIVERSAL: IT IS PART OF BEING ALIVE. THEREFORE, DEVELOPING A HEALTHY STRESS RESPONSE IS A SKILL THAT WILL SERVE YOU WELL THROUGHOUT YOUR LIFE.</p> <p>GUEST: ANGELICA ARIAS GERONTOLOGIST HEALTH AND WELL-BEING COACH</p> <p>ELIZABETH PAMANES FAMILY ADVISOR- EMOTIONAL HEALTH MENTOR</p> <p>MIMI CASTILLO PERSONAL TRAINER</p> <p>ZOOM ANDREINA GREG BACHELOR IN PSYCHOLOGY MASTER IN PSYCHOTHERAPY</p>

Rompiendo el Silencio	01/25/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	IMPORTANCE OF THE BOND BETWEEN SIBLINGS	<p>OF ALL THE RELATIONSHIPS THAT PEOPLE ESTABLISH THROUGHOUT THEIR LIVES, THE RELATIONSHIP BETWEEN SIBLINGS IS ONE OF THE MOST IMPORTANT. BETWEEN SIBLINGS THE FIRST EQUAL BOND THAT ONE HAS IN LIFE USUALLY DEVELOPS.</p> <p>Guests: ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH</p> <p>GABBY GUASSO SELF-HELP SPEAKER</p> <p>SISTERS: JULIANA AND JULISA</p> <p>ZOOM DIANA ARMENDÁRIZ DIGITAL STRATEGIST</p>
Rompiendo el Silencio	01/26/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	TYPES OF SURGERIES	<p>SURGERIES ARE MEDICAL PROCEDURES WITH THE PURPOSE OF DIAGNOSING, TREATING OR IMPROVING A HEALTH CONDITION. THESE INTERVENTIONS CAN ADDRESS A WIDE VARIETY OF PROBLEMS.</p> <p>Guests: KAROL SANDERS ASESORA DE IMAGEN</p> <p>LAURA AGUILAR PSYCHOLOGIST</p>
Rompiendo el Silencio	01/29/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	THE IMPORTANCE OF EDUCATION OF CHILDREN WITH VALUES	<p>EDUCATION IS FUNDAMENTAL FOR THE INDIVIDUAL AND COLLECTIVE DEVELOPMENT OF A SOCIETY. IT FACILITATES ACCESS TO KNOWLEDGE, PROMOTES CRITICAL THINKING AND CONTRIBUTES TO THE TRAINING OF INFORMED CITIZENS.</p> <p>GUEST: ELISA GUZMAN FAMILY THERAPIST</p> <p>ROSA CABRERA POSITIVE DISCIPLINE LIFE COACH MOTHER OF 2 CHILDREN</p> <p>ZOOM EMILY CHAVEZ NEUROPSYCHOPEDAGOGUE</p>



				<p>MERARY LOPEZ SPEAKER HOW TO LISTEN TO OUR KIDS</p>
Rompiendo el Silencio	01/30/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	<p>DISTANCE RELATIONSHIPS</p>	<p>DOES A LONG-DISTANCE RELATIONSHIP WORK? IT IS TRUE THAT NOW SOME DIFFICULTIES MAY BE MINOR, RELATIONSHIPS WITHOUT WI-FI ARE NOW HISTORY! FURTHERMORE, THE SPEED OF TRANSPORTATION HAS NO COMPARISON WITH THAT OF A FEW DECADES AGO, SO THERE ARE THOSE WHO, DESPITE DOUBTS ABOUT WHETHER A LONG-DISTANCE RELATIONSHIP IS GOOD OR HOW TO MANAGE IT, ARE ENCOURAGED AND DECIDE TO ACCEPT THE CHALLENGE.</p> <p>GUESTS: JENNIFER BARRERA PSIOTHERAPIST</p> <p>ZOOM YALI WHITE PSYCHOLOGIST</p>
Rompiendo el Silencio	01/31/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	<p>CONCILIATION BETWEEN PROFESSIONAL AND PERSONAL LIFE</p>	<p>FINDING A BALANCE BETWEEN PERSONAL AND WORK LIFE BECOMES ESSENTIAL, NOT ONLY TO PRESERVE YOUR MENTAL AND EMOTIONAL HEALTH, BUT ALSO TO ENHANCE YOUR PERFORMANCE, ENCOURAGE CREATIVITY AND, MOST IMPORTANTLY, GENERATE A MORE SIGNIFICANT AND LASTING IMPACT ON THE WORLD.</p> <p>GUESTS: KAREN DIAZ FINANCE COACH</p> <p>ZOOM: SARA DOMINGUEZ PERSONAL COACH</p> <p>JOY BRIDGES PSYCHOLOGIST</p>

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
<b>FEBRUARY</b>				
Rompiendo el Silencio	02/01/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	<b>WHAT IS HAPPINESS?</b>	<p>WE HEAR COUNTLESS MEANINGS ABOUT HAPPINESS DAILY, MANY TALKS ABOUT WHAT IT MEANS TO BE HAPPY, HOW TO ACHIEVE THAT HAPPINESS AND SINCE WE WERE CHILDREN, WE HAVE BEEN TAUGHT THAT WE SHOULD LOOK FOR IT OR BE HAPPY PEOPLE.</p> <p>Guests: PALOMA ZÚÑIGA LIFE COACH</p> <p>JULIA AGUILAR PEDAGOGIST</p> <p>ZOOM CAROLINA URIBE PSYCHOLOGIST</p>
Rompiendo el Silencio	02/02/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	<b>SKIN CARE FOR ALL AGES</b>	<p>SKIN CARE IS AN ESSENTIAL PRACTICE AT EVERY STAGE OF LIFE. AS WE AGE, OUR SKIN NEEDS CHANGE DRASTICALLY.</p> <p>Guests: DR LUCIANA YACOMOTTI FAMILY DOCTOR SPECIALIZED IN AESTHETIC MEDICINE</p> <p>ERIKA ACEVES SKIN SPECIALIST</p> <p>ZOOM DR. ELISA SCIANMANNA DERMATOLOGIST</p> <p>ADRIANA HERRERA PSYCHOLOGIST</p>
Rompiendo el Silencio	02/05/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	<b>HORMONAL CHANGES IN WOMEN</b>	<p>WOMEN ARE CONSTANTLY CHANGING HORMONES THROUGHOUT THEIR LIVES: DURING PUBERTY, THE MENSTRUAL CYCLE, PREGNANCY AND MENOPAUSE. THESE HORMONAL CHANGES BRING WITH THEM PHYSICAL TRANSFORMATIONS THAT WILL BE TOTALLY NEW.</p> <p>Guests: GISELLE HERNANDEZ NUTRITIONIST</p>

				<p>IG: DRAGISELLEOFICIAL</p> <p>ZOOM DR PAOLA CANUDAS SURGEON</p>
Rompiendo el Silencio	02/06/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>ADAPT YOUR LOOK TO EVERY OCCASION</p>	<p>ADAPTING THE WARDROBE AND MAKEUP LOOK ACCORDING TO THE OCCASION IS AN IMPORTANT SKILL THAT ALLOWS WOMEN TO EXPRESS THEIR PERSONAL STYLE AND ADAPT TO THE ENVIRONMENT AND EVENT IN QUESTION.</p> <p>GUESTS: LORENA NIETO I TOO FASHION</p> <p>MILY AJO CELEBRITY BEAUTY ARTIST</p> <p>ZOOM ALE JAZO FASHION DESIGNER – IMAGE ADVISOR</p>
Rompiendo el Silencio	02/07/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>CHALLENGES OF PARENTING</p>	<p>FOR MANY PEOPLE, BEING A MOTHER OR FATHER IS THE MOST WONDERFUL THING IN THE WORLD. BUT IT CAN ALSO BE EXHAUSTING, STRESSFUL AND FULL OF INTENSE EMOTIONS THROUGHOUT THE VARIOUS STAGES OF A CHILD'S DEVELOPMENT.</p> <p>Guest LAURA AGUILAR PSYCHOLOGIST</p> <p>GABBY GUASSO. – HE WILL COME WITH HIS DAUGHTER SELF-HELP SPEAKER</p> <p>EMMA WOLF GABBY GUASSO'S DAUGHTER</p> <p>NATALIE PIZARRO CBC, CHILDREN BIBLICAL CENTER</p> <p>ZOOM EMILY CHAVEZ</p>

Rompiendo el Silencio	02/08/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	LEARN TO DEAL WITH ANXIETY	<p>FEELING ANXIETY OCCASIONALLY IS A NORMAL PART OF LIFE. HOWEVER, PEOPLE WITH ANXIETY DISORDERS OFTEN HAVE INTENSE, EXCESSIVE AND PERSISTENT WORRIES AND FEARS ABOUT EVERYDAY SITUATIONS.</p> <p>Guest: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>DANNI SOLORIO EXPERT IN HERBOLARRY</p> <p>ZOOM DR. AISQUEL MACHADO PSYCHIATRIST</p>
Rompiendo el Silencio	02/09/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	UNDERSTANDING ADHD AND ITS CHALLENGES	<p>ATTENTION DEFICIT HYPERACTIVITY DISORDER, KNOWN AS ADHD, IS A NEUROBIOLOGICAL CONDITION THAT AFFECTS A PERSON'S ABILITY TO MAINTAIN ATTENTION, CONTROL IMPULSES, AND REGULATE PHYSICAL ACTIVITY.</p> <p>Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>JULIA AGUILAR PEDAGOGIST</p> <p>ZOOM ALEJANDRA ANGERS SPECIALIST IN NEUROPSYCHOLOGY AND LEARNING</p> <p>MARIA GARCIA ADHD ADVISOR</p>
Rompiendo el Silencio	02/12/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	INFLUENCE OF SOCIAL NETWORKS	<p>SOCIAL NETWORKS ARE PART OF OUR LIVES. PLATFORMS LIKE FACEBOOK, INSTAGRAM, TIK TOK HAVE REVOLUTIONIZED THE WAY WE CONNECT WITH EACH OTHER AND ARE USED BY ONE IN FOUR PEOPLE AROUND THE WORLD.</p> <p>Guest: JENNIFER BARRERA PSYCHOTHERAPIST</p> <p>CLAUDIA LÓPEZ CONSULTANT AT CLO CONSULTING GROUP</p>

				<p>ZOOM  GISELA FARREL  EXPERT CONSULTANT IN DIGITAL  MARKETING</p>
Rompiendo el Silencio	02/13/2024	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<b>RELATIONSHIP WITH  MOTHER-IN-LAW</b>	<p>WHEN YOU HEAR THE WORD MOTHER-IN-LAW, AN OVERPROTECTIVE WOMAN WHO WANTS TO INFLUENCE THE DECISIONS YOU AND YOUR PARTNER MAKE IMMEDIATELY COMES TO MIND. IT DOESN'T HAVE TO BE LIKE THIS, ALL THE LINKS WE ESTABLISH REQUIRE MUTUAL WORK.</p> <p>Guests:  GLADYS MENEDEZ  LIFE COACH</p> <p>JOHANNA DIAZ  NEURO COACH</p> <p>NANCY DAMIAN  PSYCHOLOGIST</p> <p>ZOOM  ELVA ALLRED  COACH IN PERSONAL TRUST AND COUPLE  RELATIONSHIPS</p>
Rompiendo el Silencio	02/14/2024	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<b>THE DAY OF LOVE AND  FRIENDSHIP</b>	<p>THE DAY OF LOVE AND FRIENDSHIP IS CONSIDERED ONE OF THE MOST IMPORTANT "BUSINESS" DATES AND RATIFIED AS A GOOD TIME TO EXPRESS FEELINGS OF GRATITUDE WITH CLOSE PEOPLE.</p> <p>Guests:  MARÍA VILLALPANDO  ENTREPRENEUR</p> <p>GUESTS – THEY ARE MARRIED, EACH ONE MAKES UP A MARRIAGE FULL OF LOVE THAT HAS KNOWN HOW TO OVERCOME THE TRIALS</p> <p>CELINA LUGO  ENTREPRENEUR</p> <p>IRIS YAZBEK  DIGITAL CREATOR</p>
Rompiendo el Silencio	02/15/2024	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<b>OBESITY: A SERIOUS  HEALTH PROBLEM</b>	<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.</p> <p>Guests:  DR. JUDITH TOPETE</p>

				<p>NUTRITIONIST</p> <p>MIMI CASTILLO PERSONAL TRAINER</p> <p>ZOOM MARÍA ALEJANDRA CASTILLO INTERNIST DOCTOR - ENDOCRINOLOGIST</p>
Rompiendo el Silencio	02/16/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	CARE OF THE ELDERLY	<p>A COMBINATION OF FACTORS IS GENERATING INCREASED INTEREST IN GENERATIONAL ISSUES. FIRST, PEOPLE ARE SIMPLY LIVING LONGER DUE TO ADVANCES IN MEDICINE AND PREVENTIVE HEALTH.</p> <p>Guests:</p> <p>DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>NORMA CASTELLANOS ALZHEIMERS LATIN PROGRAM COORDINATOR ORANGE COUNTY</p> <p>MRS. EMA SQUEEZE 91 YEARS</p> <p>ZOOM ANGELICA ARIAS GERONTOLOGIST</p>
Rompiendo el Silencio	02/19/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	INFLUENCE OF SOCIAL NETWORKS	<p>SOCIAL NETWORKS ARE PART OF OUR LIVES. PLATFORMS LIKE FACEBOOK, INSTAGRAM, TIK TOK HAVE REVOLUTIONIZED THE WAY WE CONNECT WITH EACH OTHER AND ARE USED BY ONE IN FOUR PEOPLE AROUND THE WORLD.</p> <p>Guest:</p> <p>JENNIFER BARRERA PSYCHOTHERAPIST</p> <p>CLAUDIA LÓPEZ CONSULTANT AT CLO CONSULTING GROUP</p> <p>ZOOM GISELA FARREL EXPERT CONSULTANT IN DIGITAL MARKETING</p>
Rompiendo el Silencio	02/20/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	WHY SHOULD INNOCENCE BE PRESERVED IN CHILDHOOD?	<p>CHILDHOOD TODAY IS SUBJECT TO A SERIES OF CHANGES AND CHALLENGES THAT CAN INFLUENCE THE WAY INNOCENCE IS EXPERIENCED. SOME FACTORS THAT COULD</p>

				<p>CONTRIBUTE: TECHNOLOGICAL ADVANCES AND SOCIAL NETWORKS, CHANGE IN THE ROLES OF PARENTS AND FAMILY MEMBERS CHANGE IN CULTURAL VALUES</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ROSA CABRERA LIFE COACH - POSITIVE DISCIPLINE</p>
Rompiendo el Silencio	02/21/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>MYTHS AND TRUTHS OF FEMALE HEALTH</p>	<p>THERE ARE MYTHS AND REALITIES ABOUT WOMEN'S HEALTH. MANY OF THESE DOUBTS ARE CLARIFIED IN THE PROGRAM.</p> <p>Guests: SPECIALISTS DR. NATY CIFUENTES GYNECOLOGIST</p> <p>MARÍA TERESA ARAGÓN NUTRITIONIST IG: MTABIENESTAR</p>
Rompiendo el Silencio	02/22/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>WHY DO WE NEED TO BE ORGANIZED?</p>	<p>HOME IS MORE THAN JUST A PHYSICAL PLACE WHERE WE LIVE AND SPEND MUCH OF OUR TIME DAILY, IT IS THE EPICENTER OF OUR LIVES, THE REFUGE WHERE WE FIND PEACE, COMFORT AND SECURITY.</p> <p>GUESTS: DANNICKOVA GÓMEZ PROFESSIONAL ORGANIZER</p>
Rompiendo el Silencio	02/23/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>DANGERS OF CLANDESTINE RACING</p>	<p>LAS CARRERAS CLANDESTINAS O ARRANCONES ES UNA ACTIVIDAD DE ALTO RIESGO, POR ELLO ES QUE SE REQUIEREN LOS ESPACIOS IDÓNEOS Y LAS MEDIDAS DE SEGURIDAD NECESARIAS PARA EVITAR ACCIDENTES ENTRE LOS PARTICIPANTES, ASÍ COMO ENTRE LOS ASISTENTES.</p> <p>GUEST: LILY TRUJILLO MOTHER WHO LOST HER DAUGHTER VALENTINA IN CLANDESTINE RACING</p> <p>ANLLEYN VENEGAS IN SAN DIEGO SENIOR PUBLIC AFFAIRS SPECIALIST</p> <p>CINDI IN LOVE COACH</p>

				<p>ZOOM ANA LOPEZ PSYCHOLOGISTNEURO COACH</p>
Rompiendo el Silencio	02/26/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>IMPORTANCE OF TAKING CARE OF OUR THOUGHTS</p>	<p>OUR THOUGHTS HAVE A DIRECT IMPACT ON OUR EMOTIONS. NEGATIVE THOUGHTS CAN GENERATE ANXIETY, SADNESS OR STRESS, WHILE POSITIVE THOUGHTS CAN PROMOTE HAPPINESS, GRATITUDE AND EMOTIONAL TRANQUILITY.</p> <p>Guests: JULIA AGUILAR PEDAGOGIST</p> <p>ELISA GUZMAN FAMILY THERAPIST</p>
Rompiendo el Silencio	02/27/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>REBUILDING YOUR LIFE AFTER A SEPARATION</p>	<p>REBUILDING YOUR LIFE AFTER A SEPARATION CAN BE A DIFFICULT AND PAINFUL PROCESS, BUT IT CAN ALSO BE AN OPPORTUNITY TO GROW AND REDISCOVER YOURSELF.</p> <p>Guests: LAURA AGUILAR PSYCHOLOGIST</p> <p>JORGE PARTIDA PSYCHOLOGIST HEAD OF PSYCHOLOGY, DEPARTMENT OF MENTAL HEALTH FROM LOS ANGELES COUNTY</p>
Rompiendo el Silencio	02/28/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>GASTROINTESTINAL DISEASES</p>	<p>SURGERIES ARE MEDICAL PROCEDURES WITH THE PURPOSE OF DIAGNOSING, TREATING OR IMPROVING A HEALTH CONDITION. THESE INTERVENTIONS CAN ADDRESS A WIDE VARIETY OF PROBLEMS.</p> <p>Guests: KAROL SANDERS ASESORA DE IMAGEN</p> <p>LAURA AGUILAR PSYCHOLOGIST</p>
Rompiendo el Silencio	02/29/2024	<p>Starts: 4:00pm Ends: 4:58pm Duration:58min</p>	<p>TAX SEASON 2024 HAVE YOU ALREADY MADE YOUR TAX RETURN?</p>	<p>Tax filing season has already begun, and for many people filing taxes, especially those doing so for the first time, it can be a daunting task that is often left to the last minute.</p>



				<p>GUEST: NORMA VÁZQUEZ - TAX PREPARATOR</p> <p>ZOOM: MARIANA OSPITAL TAX PREPRATION SPECIALIST</p>
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Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
<b>MARCH</b>				
Rompiendo el Silencio	03/01/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	HOW DOES A SEDENTARY LIFE AFFECT US?	<p>SEDENTARY LIFESTYLE IS A CONSEQUENCE OF THE LIFESTYLE OF ADVANCED SOCIETIES AND IS CONSIDERED A TRUE PLAGUE OF OUR TIME.</p> <p>Guests: DRA. GABRIELA CARLOS CHIROPRACTIC</p> <p>VIVIANA RODRIGUEZ OCCUPATIONAL THERAPIST</p> <p>ZOOM DRA. ISABEL CRISTINA CARDENAS CARDIOLOGIST</p>
Rompiendo el Silencio	03/04/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	LEARN TO ENTREPRENEUR	<p>ENTREPRENEURSHIP IS NOT JUST AN ACTION, IT IS A MENTALITY, AN APPROACH THAT DRIVES YOU TO CREATE, INNOVATE AND PURSUE YOUR DREAMS WITH DETERMINATION.</p> <p>Guests: INVITADAS MARÍA VILLALPANDO- EMPRENDEDORA</p> <p>JAQUELINE VRBA PRESIDENTA Y FUNDADORA ORGANIZACIÓN FRIDARS</p> <p>LOURDES ENRÍQUEZ – EMPRENDEDORA ESCRITORA LIBRO: LAS CINCO FUERZAS PARA EMPRENDER</p> <p>AURA CHAVARRIA (DISEÑADORA DE MODAS) LLEVARA SU LINEA DE VESTIDOS DE NIÑA</p> <p>ITZEL MORALES INSTRUCTORA DE MAQUILLAJE</p> <p>REBECCA ALVARADO INSTRUCTORA DE COMPUTACIÓN</p>
Rompiendo el Silencio	03/05/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	TRUE WEALTH: WHERE IS IT FOUND?	<p>NOT EVERYTHING THAT GLITTERS IS GOLD, AND THOSE WHO BOAST AN EXTRAVAGANT LIFESTYLE DON'T ALWAYS HAVE MILLIONS IN THE BANK. BY THE SAME LOGIC, IT MAY BE DIFFICULT TO SPOT A TRULY RICH PERSON.</p> <p>Guests: ELISSA MASSIEL</p>

				<p>MENTOR IN EMOTIONAL HEALTH</p> <p>JENNIFER BARRERA PSYCHOTHERAPIST</p> <p>ZOOM SILVIA RAMÍREZ PSYCHOLOGIST</p>
Rompiendo el Silencio	03/06/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>SLEEP DISORDERS</p> <p>HOW IMPORTANT IS IT TO SLEEP WELL?</p>	<p>SLEEP GIVES THE BODY A REST AND ALLOWS IT TO PREPARE FOR THE NEXT DAY. IT'S LIKE GIVING YOUR BODY A LITTLE VACATION. SLEEP ALSO GIVES THE BRAIN THE POSSIBILITY TO RESOLVE THINGS</p> <p>GUESTS: MARTHA VEGA CONSULTANT IN AROMATHERAPY AND HYDROTHERAPY TREATMENTS</p> <p>ZOOM DR. PAUL MEZA NEUROLOGIST</p>
Rompiendo el Silencio	03/07/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	<p>CYBER SECURITY</p>	<p>INTERNET SECURITY IS ALL THOSE PRECAUTIONS THAT ARE TAKEN TO PROTECT ALL THE ELEMENTS THAT ARE PART OF THE NETWORK, SUCH AS INFRASTRUCTURE AND INFORMATION, WHICH ARE USUALLY THE MOST AFFECTED BY CYBERCRIMINALS.</p> <p>Guest ESPECIALISTAS CLAUDIA LÓPEZ CONSULTORA DE MEDIOS SOCIALES</p> <p>BESSY ARTEAGA ESPECIALISTA EN REDES SOCIALES Y PLATAFORMAS</p> <p>ZOOM LUCAS RODRÍGUEZ ESPECIALISTA EN INGENIERIA DE SOFTWARE Y SEGURIDAD</p> <p>LAURA SOLANO COACH DE BIENESTAR Y EXPERTA EN CIBER SECURITY</p>

Rompiendo el Silencio	03/08/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	INTERNATIONAL WOMEN'S DAY	<p>HISTORY OF INTERNATIONAL WOMEN'S DAY. EVERY MARCH 8, THE WORLD COMMEMORATES THE FIGHT OF WOMEN FOR EQUALITY, THE RECOGNITION AND EFFECTIVE EXERCISE OF THEIR RIGHTS.</p> <p>Guest: DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>DANNI SOLORIO EXPERT IN HERBOLARRY</p> <p>ZOOM DR. AISQUEL MACHADO PSYCHIATRIST</p>
Rompiendo el Silencio	03/11/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	HOW TO DEAL WITH TRAUMATIC EVENTS?	<p>ANY TRAUMATIC EVENT, FROM A PERSONAL TRAGEDY TO A GLOBAL CRISIS, CAN TAKE AN EMOTIONAL TOLL AND CAUSE TRAUMATIC STRESS. HOWEVER, THERE ARE WAYS TO REGAIN CONTROL OF YOUR LIFE.</p> <p>Guests: IZABEL MEDHER CLINICAL PSYCHOLOGIST</p> <p>DR. PATRICIA ARCACHE FAMILY THERAPIST</p> <p>ZOOM KATHY PICO ATHLETE</p>
Rompiendo el Silencio	03/12/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	HEALING BY NATURE	<p>SURELY YOU HAVE HEARD OR READ THE PHRASE "WE ARE WHAT WE EAT", A VERY COMMON EXPRESSION THAT IS OFTEN SAID, ESPECIALLY BY THOSE PEOPLE WHO ARE TRYING TO GIVE US ADVICE REGARDING OUR HEALTH. BUT WHAT DOES THIS EXPRESSION REALLY MEAN?</p> <p>Guest: MARTHA PUENTE CHEF</p>
Rompiendo el Silencio	03/13/2024	Starts: 4:00pm Ends: 4:58pm Duration:58min	BEING A SINGLE MOTHER: A BEAUTIFUL CHALLENGE	<p>THE WORLD OF MOTHERHOOD ALONE IS A WORLD FULL OF PRIDE AND JOY, BUT ALSO RESPONSIBILITIES AND CHALLENGES. SINGLE MOTHERS MUST FACE EVEN MORE CHALLENGES, GIVEN THAT THEY GO THROUGH THIS PROCESS ON THEIR OWN.</p>

				<p>Guests: MELISSA MARTINEZ PRESENTER</p> <p>GABBY GUASSO. – HE WILL COME WITH HIS DAUGHTER SELF-HELP SPEAKER</p> <p>ZOOM DR. GROVER BRAVO PSYCHOLOGIST - FAMILY THERAPIST</p>
Rompiendo el Silencio	03/14/2024	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<b>BAD BODY POSTURES HOW TO CORRECT THEM?</b>	<p>A BAD BODY POSTURE IS NOT JUST AN AESTHETIC ISSUE, BUT IT CAN AFFECT THE HEALTH AND FUNCTIONING OF THE BODY. A GOOD OR BAD BODY POSTURE, WHEN YOU SIT, WALK OR STAND, IS NOT ONLY IMPORTANT FOR AESTHETIC ISSUES, BUT PLAYS A VERY IMPORTANT ROLE IN YOUR HEALTH</p> <p>GUESTS: DR. ALBERTO CUEVAS CHIROPRACTOR</p> <p>ZOOM JIMENA SANCHEZ PSYCHOTHERAPIST</p>
Rompiendo el Silencio	03/15/2024	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<b>STOP SKIN AGING</b>	<p>SKIN CARE IS AN ESSENTIAL PRACTICE AT EVERY STAGE OF LIFE. AS WE AGE, OUR SKIN NEEDS CHANGE DRASTICALLY.</p> <p>GUESTS: DR LUCIANA YACOMOTTI FAMILY DOCTOR SPECIALIZED IN AESTHETIC MEDICINE</p> <p>ERIKA ACEVES SKIN SPECIALIST</p> <p>RUBY VARGAS MAKEUP ARTIST TO THE STARS</p>
Rompiendo el Silencio	03/18/2024	<i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i>	<b>MIGRATION CURRENT CURRENT MEREDITH BROWN- IMMIGRATION LAWYER</b>	<p>CREATE A SAFE AND RELIABLE SPACE FOR THE ENTIRE COMMUNITY OF LATIN WOMEN IN THE UNITED STATES, WHO WANT TO REINVENT THEMSELVES, GROW, UNDERTAKE OR HAVE THE NEED TO GET AHEAD IN THIS NEW IMMIGRATION PROCESS, BUT DO NOT HAVE THE NECESSARY SUPPORT TO ACHIEVE IT.</p> <p>Guests: MEREDITH BROWN IMMIGRATION LAWYER EDYMAR RAGA DIGITAL MAGAZINE</p>

				MARÍA ALEXANDRA LIZANA DIGITAL MAGAZINE
Rompiendo el Silencio	03/19/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	IMPORTANCE OF THE FATHER IN RAISING CHILDREN	HAVING YOUR FATHER NEARBY INVOLVED IN EDUCATION ALLOWS YOU TO HAVE A SECOND OPINION OR VISION OF THINGS APART FROM YOUR MOTHER'S. THEREFORE, THE PRESENCE OF BOTH IS CRUCIAL FOR YOUR EMOTIONAL DEVELOPMENT.  Guest: BINAH VARGAS PSYCHOTHERAPIST  CANDY MARTINEZ ANCHOR  TONY PONCE SOCCER REFEREE AND COORDINATOR  JOSÉ PONCE (SON) REFEREE
Rompiendo el Silencio	03/20/2024	<i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i>	SPRING AND ALLERGIES	THE ARRIVAL OF SPRING BRINGS WITH IT THE BEAUTY OF FLOWERS IN BLOOM, HOWEVER, FOR MANY PEOPLE, IT ALSO MARKS THE BEGINNING OF THE ALLERGY SEASON. SPRING IS KNOWN FOR TRIGGERING A SERIES OF ALLERGIC REACTIONS IN SENSITIVE INDIVIDUALS, WHICH CAN MAKE THIS TIME OF YEAR VERY UNCOMFORTABLE FOR THOSE SUFFERING FROM SEASONAL ALLERGIES.  Guests: MERIANNY VILLARROEL FASHION DESIGNER  ZOOM DR. GERARDO ZÚÑIGA — ZOOM ALLERGOLOGIST  SYRIA WARRIOR PSYCHOTHERAPIST

<p>Rompiendo el Silencio</p>	<p>03/21/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p><b>WORLD DOWN SYNDROME DAY</b></p>	<p>EVERY YEAR ON MARCH 21 THE DAY IS CELEBRATED. WORLD DOWN SYNDROME WORLDWIDE, A DATE DESIGNATED TO RAISE AWARENESS ABOUT THIS GENETIC CONDITION AND TO PROMOTE INCLUSION AND EQUAL OPPORTUNITIES FOR PEOPLE WITH DOWN SYNDROME IN ALL AREAS OF SOCIETY.</p> <p>Guests: NANCY DAMIAN PSYCHOTHERAPIST</p> <p>ARELY ARANIVA SOCIAL WORKER</p> <p>STEPHANY CONTRERAS DOWN SYNDROME TESTIMONY AND BAKER</p> <p>LIBERLY CONTRERAS MOM OF STEFANY</p>
<p>Rompiendo el Silencio</p>	<p>03/22/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p><b>CHILD HYPERSEXUALIZATION</b></p>	<p>HYPERSEXUALIZATION CAN HAVE HARMFUL EFFECTS ESPECIALLY ON THE DEVELOPMENT OF IDENTITY AND SELF-ESTEEM, PARTICULARLY AMONG YOUNG PEOPLE. THIS PHENOMENON HAS RECENTLY BEEN CONSIDERED AS AN OBJECT OF STUDY FOR SOCIOLOGISTS AND PSYCHOLOGISTS.</p> <p>GUESTS: MAGALY CASTELLANOS EDUCATOR AND TEACHER AT ELEMENTARY</p> <p>DANCE GROUP: VERSAGE</p> <p>ZOOM: NIVARDO SILVA PSYCHOTHERAPIST</p> <p>LIC. MARIANA FERNANDEZ CHILD PSYCHOLOGIST AND PEDAGOGUE NEURODEVELOPMENT SPECIALIST</p>
<p>Rompiendo el Silencio</p>	<p>03/25/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p><b>ENDOMETRIOSIS</b></p>	<p>ENDOMETRIOSIS IS A BENIGN DISEASE THAT AFFECTS WOMEN DURING THEIR REPRODUCTIVE LIFE. IN ADDITION, WOMEN WITH ENDOMETRIOSIS MAY HAVE PAINFUL BLADDER SYNDROME, DIGESTIVE OR GASTROINTESTINAL SYMPTOMS SIMILAR TO AN INTESTINAL DISORD, AS WELL AS FATIGUE OR LACK OF ENERGY.</p> <p>GUESTS:</p>

				<p>ANA LILIA PEREZ PSYCHOLOGIST</p> <p>MIMI - ZUMBA</p> <p>ZOOM: DR. VANESSA FERNANDEZ GARCINI GYNECOLOGIST</p>
Rompiendo el Silencio	03/26/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	PREPARE A WEDDING	<p>WHILE COUPLES OFTEN HIRE PROFESSIONALS TO HELP MANAGE THEIR WEDDING PLANS, THERE ARE PLENTY OF REASONS WHY THEY MIGHT CHOOSE TO HANDLE ALL OF THE PLANNING TASKS AND RESPONSIBILITIES ON THEIR OWN. MAYBE THEY'RE WORKING WITH A TIGHT BUDGET OR MAYBE THEY SIMPLY LOVE THE DIY POSSIBILITIES.</p> <p>GUESTS: PATRICIA CLEVES ENTREPRENEUR</p> <p>RAQUEL MONROY MAKEUP ARTIST</p> <p>MARITZA PINEDA BAKER</p>
Rompiendo el Silencio	03/27/2024	<p><i>Starts: 4:00pm</i> <i>Ends: 4:58pm</i> <i>Duration:58min</i></p>	SEXUAL ABUSE	<p>FINDING OUT YOUR CHILD, FRIEND OR FAMILY MEMBER HAS BEEN SEXUALLY ABUSED CAN BE DISTRESSING AND YOU MIGHT NOT KNOW WHAT TO DO NEXT. WE'RE HERE TO SUPPORT YOU AND YOUR LOVED ONES AND GIVE YOU THE REASSURANCE THAT YOU ARE DOING THE RIGHT THING AND THAT THERE IS INFORMATION AND SUPPORT OUT THERE FOR YOU.</p> <p>GUESTS: LIDYA LEDEZMA ON SET TESTIMONY</p> <p>ELISA GUZMAN FAMILY THERAPIST</p> <p>ZOOM: LAURA FIGUEROA PSYCHOLOGIST, MOTIVATIONAL SPEAKER</p>



<p>Rompiendo el Silencio</p>	<p>03/28/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p>THE IMPORTANCE OF HAVING A PET AT HOME</p>	<p>NOTHING COMPARES TO THE JOY OF COMING HOME TO A LOYAL COMPANION. THE UNCONDITIONAL LOVE OF A PET CAN DO MORE THAN KEEP YOU COMPANY. PETS MAY ALSO REDUCE STRESS, IMPROVE HEART HEALTH, AND EVEN HELP CHILDREN WITH THEIR EMOTIONAL AND SOCIAL SKILLS. BUT WHO BENEFITS FROM AN ANIMAL? AND WHAT TYPE OF PET BRINGS HEALTH BENEFITS?</p> <p>GUESTS: JASMIN MOLINA CAMARILLO PSYCHOLOGIST</p> <p>GABRIELA DE LUNA ANIMAL CARETAKER</p> <p>ZOOM: RENATA MAGALDI VETERINARIAN</p>
<p>Rompiendo el Silencio</p>	<p>03/29/2024</p>	<p><i>Starts: 4:00pm Ends: 4:58pm Duration:58min</i></p>	<p>CHALLENGES AND CHALLENGES THAT YOUNG PEOPLE FACE TODAY</p>	<p>EVERY GENERATION HAS ITS OWN STRUGGLES, AND IT CAN BE TOUGH FOR OLDER GENERATIONS TO RELATE TO AND UNDERSTAND THE THINGS THAT ARE MAKING TODAY'S YOUNG ADULTS AND SOON-TO-BE-ADULTS WORRY.</p> <p>GUEST: LAURA AGUILAR PSYCHOLOGIST</p> <p>JULIA AGUILAR PEDAGOGIST</p>

## LOCAL ISSUES ADDRESSED DURING THE QUARTER

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

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
<b>JANUARY</b>				
Problemas y Soluciones – San Antonio	01.01.24	<i>Starts: 11:00am Ends: 11:57 am Duration:57min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>
Problemas y Soluciones – San Antonio	01.02.24	<i>Starts: 11:00am Ends: 11:57 am Duration:57min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>01.03.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.04.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.05.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>01.08.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit  <b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.09.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit  <b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.10.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit  <b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>01.11.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.12.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.15.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>01.16.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.17.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.18.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>01.19.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.22.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.23.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>01.24.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.25.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.26.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers</p> <p><b>Host: Ob. Nicolás La Torre</b></p>



<p>Problemas y Soluciones – San Antonio</p>	<p>01.29.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.30.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>01.31.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
<b>FEBRUARY</b>				
Problemas y Soluciones – San Antonio	02.01.24	<i>Starts: 11:00am Ends: 11:57 am Duration:57min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> <li>- TST Consagrated Water</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>
Problemas y Soluciones – San Antonio	02.02.24	<i>Starts: 11:00am Ends: 11:57 am Duration:57min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> <li>- TST Consagrated Water</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>02.05.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.06.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.07.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>02.08.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.09.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.12.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>02.13.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit  <b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.14.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit  <b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.15.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water  <b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>02.16.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.19.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.20.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>02.21.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.22.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.23.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>02.26.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.27.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>02.28.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>



<p>Problemas y Soluciones – San Antonio</p>	<p>02.29.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> <li>- TST Consagrated Water</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>
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Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
<b>MARCH</b>				
Problemas y Soluciones – San Antonio	03.01.24	<i>Starts: 11:00am Ends: 11:57 am Duration:57min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> <li>- TST Consagrated Water</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>
Problemas y Soluciones – San Antonio	03.04.24	<i>Starts: 11:00am Ends: 11:57 am Duration:57min</i>	Spiritual Guidance	<p>This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST Holy Spirit</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>03.05.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.06.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.07.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>03.08.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.11.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Fast of Daniel</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.12.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Fast of Daniel</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>03.13.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Fast of Daniel</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.14.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water -TST Fast of Daniel</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.15.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>03.18.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Fast of Daniel</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.19.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.20.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Fast of Daniel</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>03.21.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.22.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.25.24</p>	<p><i>Starts: 11:00am Ends: 11:57 am Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Consagrated Oil</p> <p><b>Host: Ob. Nicolás La Torre</b></p>

<p>Problemas y Soluciones – San Antonio</p>	<p>03.26.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit -TST Consagrated Oil</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.27.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water -TST Consagrated Oil</p> <p><b>Host: Ob. Nicolás La Torre</b></p>
<p>Problemas y Soluciones – San Antonio</p>	<p>03.28.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers - TST Consagrated Water -TST Consagrated Oil</p> <p><b>Host: Ob. Nicolás La Torre</b></p>



<p>Problemas y Soluciones – San Antonio</p>	<p>03.29.24</p>	<p><i>Starts: 11:00am</i> <i>Ends: 11:57 am</i> <i>Duration:57min</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 came to the church and had a life transformation using their faith.</p> <p>On today show:</p> <ul style="list-style-type: none"> <li>-TST Witchcraft</li> <li>-TST Depression</li> <li>-TST Suicide</li> <li>-TST 7 prayers</li> <li>- TST Consagrated Water</li> <li>-TST Consagrated Oil</li> </ul> <p><b>Host: Ob. Nicolás La Torre</b></p>
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