

Quarterly Issues Report

KMNY

Tu Comunidad

Public Affairs Shows

1st Quarter 2021

January 1st – March 31th 2021

Tu Comunidad airs on KMNY Saturdays 12:30 PM – 1:00 PM

The station has identified the following issues as significant issues facing our community in this quarter:

- A. Mental Health**
- B. Family and Anger Issues**
- C. Immigration**
- D. Pregnancy Resources**
- E. USCIS Updates**
- F. Pregnancy resources (Repeat)**
- G. Property titles**
- H. Bariatric Surgeries and Procedures.**
- I. Small Business Aid after snow disaster in Texas part 1.**
- J. Small Business Aid after snow disaster in Texas part 2.**
- K. First time homebuyers.**
- L. Carbon Monoxide death prevention.**
- M. GED Classes and ESL classes.**
- N. COVID Vaccines are available for all.**

Responsive Programs:

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

- (January 2/2021) **Host:** Adriana Amaya **Issue:** **Theme:** Mental Health

Guest: Dr. Isabel Alacan

Mental health has been a noticeably big issue since the COVID pandemic started and it is important to be advised of signs of depression and other symptoms to prevent suicides. Dr. Alacan offered mental health tips for all who feel down during these hard times. Even though conversations surrounding mental health have made it into the mainstream media, there is still a negative stigma surrounding mental health. “Nearly 90 percent of people with mental health problems say that stigma and discrimination have a negative effect on their lives” (Gomo Health). Problems with mental health are normal among many Americans especially during the pandemic and it is important to seek help. Ten things to do to maintain good mental health are:

1. Value yourself:

Treat yourself with kindness and respect and avoid self-criticism. Make time for your hobbies and favorite projects or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body:

Taking care of yourself physically can improve your mental health.

3. Surround yourself with good people:

People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself:

Volunteer your time and energy to help someone else. You will feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

5. Learn how to deal with stress:

Like it or not, stress is a part of life. Practice good coping skills.

6. Quiet your mind:

Try meditating, Mindfulness and/or prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.

7. Set realistic goals:

Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high but be realistic and don't over-schedule.

8. Break up the monotony:

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule.

9. Avoid alcohol and other drugs:

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.

10. Get help when you need it:

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

B- (January 9/2021) **Host:** Adriana Amaya **Issue:** **Theme: Family and anger issues.**

Guest: Counselor Isela Ventura

Isela Ventura is a family counselor accredited through the State of Texas helping families deal with different types of abuse. Domestic violence comes in all sizes and shapes because every relationship is different. Domestic violence warning signs likewise vary from one situation to another. But all domestic violence includes willful harm against a partner, whether that's physical or sexual assault, psychological manipulation, emotional abuse, financial restraint, or a combination of behaviors. Ultimately the reason that domestic violence occurs is that one partner wants to control another, and they are willing to use aggression and manipulation to do so. It's not always easy to tell when a relationship has become **abusive**, especially because a partner's violent or controlling tendencies often emerge slowly, escalating throughout the relationship. Victims may dismiss abusive behaviors as a normal part of their partner's personality. A victim may also continually adapt to increasing levels of abuse. For this reason, it is important to take domestic abuse warning signs very seriously and not second-guess yourself.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

C- (January 16/2021) **Host:** Adriana Amaya **Issue: Immigration**

Guest: Attorney Arvin Saenz

Attorney Arvin Saenz gave us the most important updates in the theme of immigration that are of concern to our population. Some of those topics were DACA, TPS, and a possible reform for many immigrants to have legal status in the USA. President Biden is sending a bill to Congress on day one to restore humanity and American values to our immigration system. The bill provides hardworking people who enrich our communities every day and who have lived here for years, in some cases for decades, an opportunity to earn citizenship. The legislation modernizes our immigration system and prioritizes keeping families together, growing our economy, responsibly managing the border with smart investments, addressing the root causes of migration from Central America, and ensuring that the United States remains a refuge for that fleeing persecution. The bill will stimulate our economy while ensuring that every worker is protected. The bill creates an earned path to citizenship for our immigrant neighbors, colleagues, parishioners, community leaders, friends, and loved ones—including Dreamers and the essential workers who have risked their lives to serve and protect American communities.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

D- (January 23/2021) **Host:** Adriana Amaya **Issue:** **Pregnancy Resources.**
Guest: Lissi Holloway

Lissi Holloway is the founder of the non-profit organization named La Senda de la vida, which helps women during pregnancy. Many teenage girls find themselves living a crisis during their pregnancy and La Senda de la vida provides resources to them such as support groups, adoption services, and baby supplies once the baby is born. Lissi Holloway has helped many teenagers to value their lives and the lives of the babies they are carrying. During the show Lissi offered locations where the teens can receive help throughout the DFW metropolitan area. Also, she shared several success stories of teens that choose life for their babies.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

E- (January 30/2021) **Host:** Adriana Amaya **Issue:** **Theme: USCIS Updates**
Guest: Maria Elena Upson

Maria Elena Upson officer with USCIS spoke to our audience about the benefits to file online or do updates on profile using the online tools. Those tools are easy and fast, especially during the pandemic many things must move online because of social distancing. USCIS encourages every single person using their services to create an online profile to make easy changes such as addresses or change appointment times or dates. Also, with the online option clients can see the status of their case utilizing their receipt number.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

F- (February 06/2021) **Host:** Adriana Amaya **Issue:** **Pregnancy Resources (repeat)**
Guest: Lissi Holloway

Lissi Holloway is the founder of the non-profit organization named La Senda de la vida, which helps women during pregnancy. Many teenage girls find themselves living a crisis during their pregnancy and La Senda de la vida provides resources to them such as support groups, adoption services, and baby supplies once the baby is born. Lissi Holloway has helped many teenagers to value their lives and the lives of the babies they are carrying. During the show Lissi offered locations where the teens can receive help throughout the DFW metropolitan area. Also, she shared several success stories of teens that choose life for their babies.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

G- (February 13/2021) **Host:** Adriana Amaya **Issue:** **Property titles**
Guest: Natalie Salmeron and Nichelle Sullivan with the City of Dallas

The City of Dallas along with Cadillac Law firm is conducting a series of events to help residents of the city to have clean titles in their properties. Many people have tangled titles due to different circumstances. The assistance from Cadillac Law is free of charge and will bring big relief to residents and their properties.

What is a tangled title?

- one of your relatives owned the house in which you live and had their name on the deed, but that relative has passed away.
- you are the only person who has any interest in living in the house, but your name is not on the deed to your house, and the owner has moved or passed away.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

H- (February 20/2021) **Host:** Adriana Amaya **Issue: Bariatric Surgeries and Procedures**

Guest: Doctor Castro with Methodist Health Systems

Doctor Castro from the Methodist Health systems of Dallas spoke of the benefits and risks of bariatric surgeries. Three of their most famous bariatric surgeries are the following:

- 1) Laparoscopic gastric bypass is the “gold standard” for bariatric surgery. The surgery has seen many innovations since it was first performed over 30 years ago. Like the sleeve, this procedure uses restrictions to limit caloric intake. Patients have the added benefit of malabsorption from small bowel rearrangement. This provides more overall and long-term weight loss compared to a sleeve. However, patients are on the same vitamin and protein regimen as sleeve patients.
- 2) Laparoscopic sleeve gastrectomy has recently become the most frequently performed weight loss surgery. The sleeve gastrectomy utilizes restriction to limit caloric intake. This is initially aided by a change in the signals which control the hunger drive. Most patients will feel little hunger for the first one to two years following surgery. Unlike gastric bypass, all calories and nutrients consumed are absorbed in the same manner as before surgery.
- 3) The duodenal switch results in the largest amount of weight loss with the least risk for weight re-gain. As one of the earliest procedures developed for weight loss, it was originally two surgeries that were performed through large abdominal incisions. It is now performed laparoscopically in a single stage. The “DS” combines restriction from a sleeve and malabsorption from small bowel rearrangement. It is this mechanism that results in additional weight loss and greatly limits weight re-gain.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

I- (February 27/2021) **Host:** Adriana Amaya **Issue: Small Business Aid after snow disaster in Texas part 1.**

Guest: Franklin Garza with SCORE

Writing a business plan is an opportunity to carefully think through every step of starting your company so you can prepare for success.

This is your chance to discover any weaknesses in your business idea, identify opportunities you may not have considered, and plan how you will deal with challenges that are likely to arise. A well-written business plan can help convince investors or lenders to finance your business.

Many small businesses have been challenged by the pandemic, and now the Texas Freeze came to bring an end to many local businesses who have been low in costumers and as a

result low in revenue. The Small Business administration has set up the PPP application deadline is being extended, you only have until May 31, 2021, to get your application submitted to the SBA. After that, the SBA will only process existing applications that have already been submitted, until the PPP deadline of June 30, 2021. Since America's small businesses are still in dire straits due to the devastating impact of the ongoing COVID-19 pandemic, the SBA is allowing some first-time recipients to apply for a second round of PPP loan funding. However, not ALL businesses that got PPP funding in the first round will be eligible for a second-draw PPP loan.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

J- (March 6/2021) **Host:** Adriana Amaya **Issue:** **Small Business Aid after snow disaster in Texas part 2.**

Guest: Franklin Garza with SCORE

Eligible businesses with 500 or fewer employees—including nonprofits, veteran's organizations, tribal concerns, faith-based organizations, self-employed individuals, sole proprietorships, and independent contractors—can apply for first-draw PPP loans.

Key PPP updates for 2021 include:

- PPP borrowers can set their PPP loan's covered period to be any length between 8 and 24 weeks to best meet their business needs.
- PPP loans will cover additional expenses, including operations expenditures, property damage costs, supplier costs, and worker protection expenditures.
- The Program's eligibility is expanded to include 501(c)(6)s, housing cooperatives, destination marketing organizations, among other types of organizations.
- The PPP provides greater flexibility for seasonal employees.
- Certain existing PPP borrowers can request to modify their First Draw PPP Loan amount; and
- Certain existing PPP borrowers are now eligible to apply for a Second Draw PPP Loan.

For first-time PPP borrowers, you may borrow 2.5 times your average monthly payroll costs, up to a maximum of \$10 million. So, if your average monthly payroll over the last 12 months was \$100,000, you could borrow up to \$250,000.

However, you can also add to your loan amount any outstanding amount of an EIDL (Economic Injury Disaster Loan) made between January 31, 2020 and April 3, 2020, less any "advance" that is forgivable under an EIDL COVID-19 loan. (You can't borrow PPP money to pay back a \$10K EIDL "grant" for example, since the EIDL grant is forgivable.)

Tu Comunidad: Sat @ 12:30 PM Duration 15 minutes.

K- (March 13/2021) **Host:** Adriana **Issue:** **First-time homebuyers**

Guest: Realtor Sandra Hernandez

TSAHC provides mortgage loans, down payment assistance grants, and mortgage credit certificates to eligible first-time home buyers* through the following programs:

Homes for Texas Heroes Home Loan Program: for teachers, fire fighters and EMS personnel, police and correctional officers, and veterans.

Homes Sweet Texas Home Loan Program: for Texas home buyers with low and moderate incomes.

PROGRAM BENEFITS

- A 30-year fixed interest rate mortgage loan, several rates and loan options available
- Down payment assistance (DPA) provided as a grant (never needs to be repaid) or forgivable second lien loan
- DPA available for up to 5% of the loan amount
- You do not have to be a first-time homebuyer.
- Available statewide through a network of participating lenders. TSAHC does not require borrowers to use an approved REALTOR®, however we provide several resources to help find a REALTOR® familiar with TSAHC's programs.
- Income limits vary by county. Expanded income and purchase price limits available in targeted areas.

First-time buyers can also apply for a mortgage interest tax credit known as a Mortgage Credit Certificate.

Tu Comunidad: Sat @ 12:30 PM Duration 15 minutes.

L- (March 13/2021) **Host:** Adriana **Issue:** **Carbon Monoxide Death Prevention**

CO poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it. When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases. Every year, at least 430 people die in the U.S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. There are steps you can take to help protect yourself and your household from CO poisoning. CO is found in fumes produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

CO Poisoning Prevention Tips

- Check or change the batteries in your CO detector every six months. If you don't have a battery-powered or battery back-up CO detector, buy one soon.

- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open.
- If you suspect CO poisoning, call 911 or a health care professional right away.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

M. (March 20/2021) **Host:** Adriana Amaya **Issue:** GED Classes and ESL classes.

Guest: Rosangela Reyes Coordinator with the Dallas Public Libraries

Rosangela with the Dallas Public Libraries spoke about the great opportunity to earn GED and learn English with their different online programs. GED Academy creates a personalized learning plan just for you. When you start your account, you'll take an assessment that will pinpoint exactly where you need the most help. Then your suggested lessons will focus on improving these skills. For example, if you're a math whiz, you'll only spend time on the few skills you haven't yet mastered. When you're ready to take the official test, the GED Academy will let you know, so you can feel sure that you're prepared. GED Academy Online also allows you to submit a writing practice test. Professional graders will score it and give you feedback on what you're doing right and where you can improve your writing. With over 200 hours of instruction available, you can prepare for your GED tests at your own pace from your own computer. Don't have a computer? Every Dallas Public Library has computers that can be used to study for the GED using GED Academy Online. There are many reasons why you might use GED Academy Online to study for the GED. You can access it 24 hours a day and 7 days a week. However, one of the most important reasons is that you will take the GED tests on a computer, and it's a great idea to get comfortable answering subject area questions on the computer.

Tu Comunidad: Sat @ 12:30 PM Duration 30 minutes.

N. (March 27/2021) **Host:** Adriana Amaya **Issue:** COVID Vaccines are available for all.

Guest: Dallas County Commissioner District 4 Elba Garcia

As of Monday, March 29, 2021, everyone ages 16 and older is now eligible to receive a COVID-19 vaccine in Texas. The state's Expert Vaccine Allocation Panel recommended opening vaccination to everyone who falls under the current Food and Drug Administration emergency use authorizations. All vaccines are authorized for people age 18 and older. The Pfizer vaccine is authorized for people 16 and older. The new Texas Vaccine Scheduler helps Texans get scheduled for a COVID-19 vaccine at clinics hosted by participating Texas public health entities. Register online at [GetTheVaccine.dshs.texas.gov](https://www.getthevaccine.dshs.texas.gov). You will be notified by email or text when and where to get the vaccine. If there is not an available clinic near you, you will be directed to other places to get your vaccine. Call (833) 832-7067 if you don't have internet or need help signing up. Call center support is available 7am-7pm, 7 days a week. Spanish language and other translators are available to help callers.