

Quarterly Issues Report

KMNY

Estudio Comunitario

Public Affairs Shows

4th Quarter 2023

October 1st – December 31st 2023

Estudio Comunitario airs on KMNY Saturdays 9:00 AM – 9:30 AM

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

- A.** Breast Cancer
- B.** Preventing Abuse among children and teens
- C.** Suicide Prevention
- D.** Credit Repair.
- E.** Diabetes type 2
- F.** Affordable Healthcare
- G.** Healthy eating habits for the whole family
- H.** Dangers of Social Media
- I.** COVID Awareness. Awareness
- J.** Anchoring furniture to prevent accidents
- K.** Type of Home loans
- L.** Domestic Violence.
- M.** New Years Fireworks.

Responsive Programs:

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

A- (October 7, 2023) **Host:** Josue Rodriguez **Issue:** Breast Cancer

Guest: Dr. Isoalib Belandria from Amigos sin Fronteras.

Amigos sin Fronteras is a non-profit organization helping the Dallas/ FW community by connecting them to resources such as health care, food, shelter among many other services.

Three years ago they started VIVA, which is a partnership with Susan G Komen to spread awareness to the Latino community about Breast Cancer. Breast cancer occurs when cells in the breast divide and grow without their normal control. Tumors in the breast tend to grow slowly. By the time, a lump is large enough to feel, it may have been growing for as long as 10 years. Some tumors are aggressive and grow much faster. Between 50-75 percent of breast cancers begin in the milk ducts, about 5-15 percent begin in the lobules and a few begin in other breast tissues. The information among with the services provided in the metropolitan area will give us a better understanding of how to prevent and combat it. During the month of October, Breast cancer awareness is key in prevention for the disease. The VIVA initiative will get people the help they are needing.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

B- (October 14 /2023) **Host:** Josue Rodriguez **Issue:** Preventing Abuse among children and teens

Guest: Sylvia Orozco-Joseph with the Mental Health of Greater Dallas.

One in five Americans have a mental illness, and many are reluctant to seek help or do not know where to turn for care. The symptoms of mental illness can be difficult to detect — even when friends and family can tell that something is amiss, they may not know how to intervene or direct the person to proper treatment. This means that all too often, those in need of mental health services do not get them until it is too late. As a society, we largely remain ignorant about the signs and symptoms of mental illness, and we ignore our role as responsible community members to help people with mental illness. Teens and children's need to be aware of abuse either physical, emotional or sexual.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

C- (October 21, 2023) **Host:** Josue Rodriguez **Issue:** Suicide Prevention

Guest: Jason Millman With Axios Magazine

The suicide rate of 14.3 deaths per 100,000 people was 1% higher than in 2022 and is the highest rate since 1941.

A record number of people in the United States died of suicide last year, while the country's suicide rate reached the highest level in over 80 years, according to new federal data.

The big picture: The startling statistics underscore the toll of the nation's mental health crisis coming out of the COVID-19 pandemic, amid rising rates of anxiety and depression. But there were some encouraging signs among young people, who were especially affected by the pandemic.

By the numbers: Nearly 50,000 Americans took their own lives last year, a 3% increase from 2021, according to **provisional data** from the Centers for Disease Control and Prevention's National Center for Health Statistics. That number is likely to grow when data are finalized, the agency said.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

D- (October 28/2023) **Host:** Josue Rodriguez **Issue:** Credit Repair.

Guest: Adrian Vega.

Adrian Vega brought important information such the following: The Credit Repair Organizations Act is a federal law that became effective on April 1, 1997 in response to several consumers who had suffered from credit repair scams. In effect, the law ensures that credit repair service companies:

- Are prohibited from taking consumers' money until they fully complete the services they promise.
- Are required to provide consumers with a written contract stating all the services to be provided as well as the terms and conditions of payment. Under the law, consumers have three days to withdraw from the contract.
- Are forbidden to ask or suggest that you mislead credit reporting companies about your credit accounts or alter your identity to change your credit history.
- Cannot knowingly make deceptive or false claims concerning the services they are capable of offering.
- Cannot ask you to sign anything that states that you are forfeiting your rights under the Credit Repair Organizations Act. Any waiver that you sign cannot be enforced.

Repairing your credit is important to continue to grow in different areas of life. In the US credit reports attest to someone's trustworthiness to make payments on time. A low credit score can be the difference into getting better rates when purchasing a house, auto or any other purchase that needs a loan from a bank.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

E- (November 4, 2023) **Host:** Josue Rodriguez **Issue:** Diabetes type 2

Guest: Dr. Jaxi Almeida, with Momentum Family Quiropractic.

Dr. Jaxi Almeida talked about how Diabetes is affecting our Community, She mentioned what is Diabetes type 1 and 2 she explain the difference between the 2 and encourage the audience to keep track of the nutrition content of what we eat, walk at least 30 min per day to create a habit of exercise.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

F- (November 11, 2023) **Host:** Josue Rodriguez **Affordable Healthcare Application Deadline to file.**

Guest: Brenda Delgado spokesperson for Medicare.

During this interview Brenda Delgado spoke about the urge of choosing an affordable health plan if needed. The following information was given:

When you first become eligible for Medicare during your Initial Enrollment Period (the 7-month period that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65)), you can join a Medicare Advantage Plan (with or without drug coverage) or Medicare drug plan.

There are specific times when you can sign up for a Medicare Advantage Plan (with or without drug coverage) or a Medicare drug plan, or make changes to coverage you already have.

- General Enrollment Period. If you have Part A coverage and you get Part B for the first time during this period, you can also join a Medicare Advantage Plan or Medicare drug plan.
- Open Enrollment Period is open from Oct 15 till December 7 you can join, switch, or drop a Medicare Advantage Plan or Medicare drug plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7).

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

G- (November 18, 2023) **Host:** Josue Rodriguez **Issue:** Healthy eating habits for the whole family.

Guest: Dr. Milton Quezada.

Eating healthy is key to a good life Dr. Milton Quezada told us during this interview. Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage smart eating habits: Have regular family meals, serve a variety of healthy foods and snacks, be a role model by eating healthy yourself. Avoid battles over food, involve kids in the process. Sure, eating well can be hard — family schedules are hectic and grab-and-go convenience food is readily available. But our tips can help make all five strategies part of your busy household.

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- more likely to eat fruits, vegetables, and grains
- less likely to snack on unhealthy foods
- less likely to smoke, use marijuana, or drink alcohol

Also, family meals are a chance for parents to introduce kids to new foods and to be role models for healthy eating. Teens may turn up their noses at the prospect of a family meal not surprising because they're busy and want to be more independent. Yet studies find that teens still want their parents' advice and counsel, so use mealtime as a chance to reconnect.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

H- (November 25, 2023) **Host:** Josue Rodriguez **Issue:** Dangers of Social Media

Guest: Dr. Edlyn Quintero.

Social media is an undeniable force in modern society. From giving us new ways to come together and stay connected to the world around us, to providing an outlet for expression,

social media has fundamentally changed the way we initiate, build, and maintain our relationships. But while it feels like social media has become commonplace in our daily lives, the reality is that social media, as a technology, is still in its infancy. We still have so much more left to learn about the intricacies of the algorithms and design, especially when it comes to their impact on society. Dr. Edlyn Quintero brought alternatives into managing social media and not having social media controlling our daily lives. This show was cut in two parts because there is much information to include in this subject.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

I- (December 2, 2023 **Host:** Josue Rodriguez **Issue:** COVID Awareness.
Awareness.

Guest: Ana Enriquez with The City of Grand Prairie.

Important Ways to Slow the Spread

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who do not live with you.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

How to Protect Yourself When Going Out

- Wear a mask that covers your nose and mouth to help protect yourself and others.
- Stay 6 feet apart from others who do not live with you.
- Avoid crowds.
- Avoid poorly ventilated indoor spaces.
- Wash your hands often with soap and water. Use hand sanitizer if soap and water are not available.

If You are at Risk of Getting Very Sick

- People of any age can get COVID-19, even healthy young adults, and children.
- People who are older or have certain underlying medical conditions are at higher risk of getting very sick from COVID-19.
- Other groups may be at higher risk for getting COVID-19 or having more severe illness.

What to Do If You're Sick?

- Stay home except to get medical care.
- Isolate yourself from other members of your family to prevent spread to them and the people that they may have contact with, like grandparents.
- Even if you do not feel sick, you can spread COVID-19 to others.
- Get care immediately if you are having emergency warning signs, like trouble breathing, pain or pressure in chest.

How to Get a Test for Current Infection?

- You can visit your state or local health department's website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first.
- If you have symptoms of COVID-19 and choose to not get tested, it is important to stay home. Find out what to do if you are sick.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

J- (December 09, 2023) **Host:** Josue Rodriguez **Issue:** Anchoring furniture to prevent accidents.

Guest: Carla Coolman.

- According to CPSC's latest report, 459 children have died from tip-over incidents since 2000 in the United States.
- 67 percent of child tip-over fatalities since 2000 involved children between 1 and 3.5 years old.
- 83 percent of child tip-over fatalities since 2000 involve children 1 month to 14 years old.
- An estimated average 12,500 children have been injured and treated at an emergency department due to furniture and TV tip-over incidents each year from 2016 to 2018.
- About every 43 minutes a child in the U.S. is injured from a TV or furniture tip-over incident. Properly mounting or anchoring a TV can prevent these tragic incidents.
- About every 12 days, someone dies when a television, a piece of furniture or an appliance falls on him.

WHAT IS A TIP-OVER INCIDENT?

A furniture tip-over can occur anytime something large and heavy becomes unbalanced. When kids are young and active, they tend to look for new places to explore. That sometimes includes climbing dressers or bookshelves or reaching for things in high-up places that causes furniture to tip-over.

WHAT TYPES OF FURNITURE TIP-OVER?

Large and heavy pieces of furniture can tip over when a child climbs or pulls on it, such as:

- Dressers
- Bookshelves
- TVs
- TV stands

WHERE DO TIP-OVER INCIDENTS OCCUR?

- Approximately 9 out of 10 furniture tip-over deaths occur in the home.
- The most important room to safeguard is the bedroom; almost half of all tip-over deaths occur in a bedroom.

WHO IS AFFECTED BY TIP-OVER INCIDENTS?

- Most tip-over deaths involve children ages 1 to 4.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

K - (December 16, 2023) **Host:** Josue Rodriguez **Issue:** Type of Home loans

Guest: Andre King Home Loan Officer with Town Square Mortgage

Andre King spoke about the difference about an FHA and a conventional loan. The differences of the loan terms and interest rates for them. Also, gave important information about people wanting to buy a house, but have no social security to do so. DACA recipients and people with an ITIN number can ask for a conventional loan and make their dream of purchasing a house a reality.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

L- (December 23, 2023) **Host:** Josue Rodriguez **Issue:** Domestic Violence.

Guest: Diana Laura Flores with Fortaleciendo Mujeres

Ms. Diana talked about Fortaleciendo Mujeres is a support center for Families that need help with suicide thouts, Drug addictions, Domestic Violence, Depression.

Estudio Comunitario: Sat @ 9:00 AM Duration 30 minutes.

M- (December 30, 2023) **Host:** Josue Rodriguez **Issue:** New Years Fireworks.

Guest: Major Juan Salas, with Dallas POLICE.

Major Juan Salas talked about the risk involve using fireworks during new years celebration, Also talked about the safety of Reunion Tower new Year Fireworks and drones this 2024 in Downtown Dallas.