

**QUARTERLY ISSUES / PROGRAMS REPORT**

Station (call letters): KWIZ - FM

Location (city, state): SANTA ANA, CALIFORNIA.

For quarter beginning:

**January - March 2024**

Attached here are descriptions of issue-responsive programming broadcast by this station during the reporting period.

The listed programs aired on the station during the reporting period on the days and times indicated. Each program regularly provides information or addresses current local issues of concern to viewers in the area where the station is located.

## LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the “COMUNIDAD LATINA” 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:

<b>Program Name</b>	<b>Air Date</b>	<b>Air Time &amp; Duration</b>	<b>Program Topic/Local Interest Issue</b>	<b>Brief Description of Program</b>
Rompiendo el Silencio	01/01/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	START THE YEAR MOTIVATED	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.
Rompiendo el Silencio	01/02/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	DETOXIFY THE BODY TO START THE YEAR	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.
Rompiendo el Silencio	01/03/2023	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	OVERCOMING INSECURITIES	OVERCOMING INSECURITIES: EXCESSIVE HAIR AND SWEATING AND HAIR LOSS
Rompiendo el Silencio	01/08/2023	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	GASTRIC PROBLEMS: CAUSES AND CONSEQUENCES	HOW DOES DIET AFFECT THE GUT MICROBIOTA? THERE ARE BILLIONS OF GOOD AND BAD BACTERIA IN THE GUT. GOOD BACTERIA HELP DIGESTION AND ABSORPTION OF NUTRIENTS, WHILE BAD BACTERIA CAN CAUSE INFLAMMATION.

Rompiendo el Silencio	01/09/2023	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	STRESS IN MULTITASKING WOMEN	MULTITASKING IS THE ABILITY TO PERFORM MULTIPLE MENTAL FUNCTIONS EFFICIENTLY AT THE SAME TIME.
Rompiendo el Silencio	01/10/2023	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	INTERIOR WELL-BEING EXTERIOR BEAUTY	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?
Rompiendo el Silencio	01/15/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	CHALLENGES IN ADOLESCENCE	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.
Rompiendo el Silencio	01/16/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	OVERCOMING MONTHLY PAINS	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.
Rompiendo el Silencio	01/17/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	POSITIVE AND NEGATIVE BEHAVIORS ARE CONTAGIOUS	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.
Rompiendo el Silencio	01/22/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	HOW TO OVERCOME LAZIN AND BE MORE PRODUCTIVE?	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.

Rompiendo el Silencio	01/23/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	DON'T CONFUSE SELF-LOVE WITH VANITY	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.
Rompiendo el Silencio	01/24/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	SELF-CARE WILL HELP YOU PREVENT STRESS	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.
Rompiendo el Silencio	01/29/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	THE IMPORTANCE OF EDUCATION OF CHILDREN WITH VALUES	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.
Rompiendo el Silencio	01/30/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	DISTANCE RELATIONSHIPS	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.
Rompiendo el Silencio	01/31/2024	<i>Stars: 8:00pm Ends: 9:00pm Duration:60min</i>	CONCILIATION BETWEEN PROFESSIONAL AND PERSONAL LIFE	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.