

QUARTERLY ISSUES/PROGRAMS REPORT

Station (call letters):

KWIZ-FM

Location (city, state):

SANTA ANA, CA

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" community – a daily 1:00-hour program that addresses current issues of local and community interest. Weekly topics vary, but include interviews with community leaders, local professionals, public health topics, issues pertaining to education in the community and changes in the country's immigration laws and regulations, and issues of interest to the public in the female community concerned.

The programs that addressed these issues during this reporting period are listed on the following pages:

Program Name	Air Date	Air Time & Duration	Program Topic/Local Interest Issue	Brief Description of Program
Rompiendo el Silencio	01/01/2024	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	01/03/2024	08:00pm Duration: 1 hour each program	Overcoming insecurities	Overcoming insecurities: Excessive hair and sweating and hair loss
Rompiendo el Silencio	01/08/2024	08:00pm Duration: 1 hour each program	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	01/09/2024	08:00pm Duration: 1 hour each program	Stress in multitasking women	Multitasking is the ability to perform multiple mental functions efficiently at the same time

Rompiendo el Silencio	01/10/2024	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	How to overcome laziness 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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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	08:00pm Duration: 1 hour each program	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.
Rompiendo el Silencio	02/05/2024	08:00pm Duration: 1 hour each program	Hormonal changes in women	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.
Rompiendo el Silencio	02/06/2024	08:00pm Duration: 1 hour each program	Adapt your look to every occasion	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.
Rompiendo el Silencio	02/07/2024	08:00pm Duration: 1 hour each program	Challenges of parenting	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.

Rompiendo el Silencio	02/12/2024	08:00pm Duration: 1hour each program	Influence of social networks	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.
Rompiendo el Silencio	02/13/2024	08:00pm Duration: 1hour each program	Relationship with mother-in-law	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.
Rompiendo el Silencio	02/14/2024	08:00pm Duration: 1hour each program	The day of love and friendship	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.
Rompiendo el Silencio	02/19/2024	08:00pm Duration: 1hour each program	Influence of social networks	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.
Rompiendo el Silencio	02/20/2024	08:00pm Duration: 1hour each program	Why should innocence be preserved in childhood?	Childhood today is subject to a series of changes and challenges that can influence the way innocence is experienced. Some factors that could contribute: technological advances and social networks, Change in the roles of parents and family members Change in cultural values.
Rompiendo el Silencio	02/21/2024	08:00pm Duration: 1hour each program	Myths and truths of female health	There are myths and realities about women's health. Many of these doubts are clarified in the program.

Rompiendo el Silencio	02/26/2024	08:00pm Duration: 1 hour each program	Importance of taking care of our thoughts	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.
Rompiendo el Silencio	02/27/2024	08:00pm Duration: 1 hour each program	Rebuilding your life after a separation	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.
Rompiendo el Silencio	02/28/2024	08:00pm Duration: 1 hour each program	Gastrointestinal diseases	Surgeries are medical procedures with the purpose of diagnosing, treating or improving a health condition. These interventions can address a wide variety of problems.
Rompiendo el Silencio	03/04/2024	08:00pm Duration: 1 hour each program	Learn to entrepreneur	Entrepreneurship is not just an action, it is a mentality, an approach that drives you to create, innovate and pursue your dreams with determination.
Rompiendo el Silencio	03/05/2024	08:00pm Duration: 1 hour each program	True wealth: where is it found?	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.
Rompiendo el Silencio	03/06/2024	08:00pm Duration: 1 hour each program	Sleep disorders How important is it to sleep well?	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.

Rompiendo el Silencio	03/11/2024	08:00pm Duration: 1hour each program	How to deal with traumatic events?	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.
Rompiendo el Silencio	03/12/2024	08:00pm Duration: 1hour each program	Healing by nature	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?
Rompiendo el Silencio	03/13/2024	08:00pm Duration: 1hour each program	Being a single mother: a beautiful challenge	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.
Rompiendo el Silencio	03/18/2024	08:00pm Duration: 1hour each program	Migration current current Meredith brown-immigration lawyer	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.
Rompiendo el Silencio	03/19/2024	08:00pm Duration: 1hour each program	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.
Rompiendo el Silencio	03/20/2024	08:00pm Duration: 1hour each program	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

Rompiendo el Silencio	03/25/2024	08:00pm Duration: 1hour each program	Endometriosis	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 disorder, as well as fatigue or lack of energy.
Rompiendo el Silencio	03/26/2024	08:00pm Duration: 1hour each program	Prepare a wedding	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.
Rompiendo el Silencio	03/27/2024	08:00pm Duration: 1hour each program	Sexual abuse	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.