

## WQQZ-CA

### Quarterly Issues and Programs List

First Quarter: January 1, 2015 through March 31, 2015

**This report was timely prepared and uploaded to the online public inspection file. During subsequent reviews of the online public file, however, it appeared the report was missing. The licensee brought the issue to the attention of the FCC staff. Multiple efforts to re-upload the report in the past have not succeeded. With the transition of the new public file interface, the licensee is re-uploading the report.**

This Quarterly Issues/Programs List contains a listing of non-entertainment programming which, in the opinion of the management of the station, represents the most significant treatment by the station of certain issues believed to be of community concern during the preceding three months. The list is not intended to be a comprehensive list of all the station's non-entertainment programming. Nor is it designed to list every program broadcast by the Station that is responsive to the selected issues.

CMCG Puerto Rico License LLC, the licensee of the station, selected the following issues as of greatest concern:

- Community Affairs
- Education
- Environment
- Economy/Finances
- Health/Nutrition/Fitness

#### **COMMUNITY AFFAIRS**

##### Al Encuentro Con Dios (An Encounter with God)

Produced by the Office of Media and Communications of the diocese of Ponce, this program consists of community and religious leaders moderating discussions about how to solve community problems, with a focus on practical solutions that can be understood and implemented by viewers.

Duration: 30 minutes

Date and Times of Broadcast: Jan 18 – 7:30 and 8:30 AM; Jan 24, Jan 25, Jan 31, Feb 1, Feb 7, Feb 8, Feb 14, Feb 15, Feb 21, Feb 22, Feb 28, Mar 1, Mar 7, Mar 8, Mar 14, Mar 15, Mar 21, and Mar 22 – 7:00 and 8:00 AM; and Mar 28 and Mar 29 – 7:00 AM.

##### WMEI Presents

Produced by WMEI-DT, this program consists of interviews with community leaders and police officials about issues of importance and actions that viewers can take to improve their security and lives.

Duration: 30 minutes

Time of Broadcast: 8:30 AM

Dates of Broadcast: Feb 8, Mar 1, and Mar 29.

## **WMEI-DT Quarterly Issues and Programs List – continued**

### Noticiero Enclesia (Enclesia's News)

Produced by the Office of Media and Communications of the diocese of Ponce, this program consists of news about the Pope's future trips and church activities in the community, and news relevant to Catholics in Puerto Rico, including beautification of candidates for sainthood and the role of the secular community in the church.

Duration: 30 minutes

Time of Broadcast: 8:30 AM

Date of Broadcast: Mar 22

## **EDUCATION**

### 9th Period

Description: 9th Period is a program that presents characters during the school day that are working hard to make good grades in their classes. After school, homework and studies, they solve their hometown mysteries, relying on keen observation skills and teamwork. Every episode includes a moral lesson and includes interesting science facts and other classroom knowledge

Duration: 30 minutes

Time of Broadcast: 11:30 AM

Dates of Broadcast: Jan 3, 10, 17, 24, and 31; Feb 7, 14, 21, and 28; and Mar 7, 14, 21, and 28.

### Distant Roads

Description: Distant Roads is a program where viewers share in the personal experiences of the show's hosts as they travel through featured regions. They reveal in depth the cultural and historical perspectives of the region while pointing out the geography, geology and other educational details of the various locations visited. This program delivers an educational and informational message that supports current social, intellectual and emotional aspects of children ages 13 and up. Attributes and advice emphasized by the hosts and their guests instill a grounded balance of priorities, commitment, and perseverance children can apply to their lives.

Duration: 30 minutes

Time of Broadcast: 10:30 AM

Dates of Broadcast: Jan 4, 11, 18, and 25; Feb 1, 8, 15, and 22; and Mar 1, 8, 15, 22, and 29.

## **ENVIRONMENT**

### Eco Company

Description: Eco Company brings a fresh, engaging and optimistic perspective to environmental issues through interviews and conversational reportage. The program's energetic and youthful journalist/hosts present stories that promote an action-oriented approach to environmental issues by showcasing examples of creative solutions, many of which are implemented by teenagers themselves. The program also delivers information that promotes and encourages ethical stewardship of natural resources and the

## **WMEI-DT Quarterly Issues and Programs List – continued**

environment. Engaging, upbeat music and eco-friendly facts and tips complement the feature stories.

Duration: 30 minutes

Time of Broadcast: 11:00 AM

Dates of Broadcast: Jan 3, 10, 17, 24, and 31; Feb 7, 14, 21, and 28; and Mar 7, 14, 21, and 28.

### **ECONOMY/FINANCES**

#### Biz Kid\$

Description: Biz Kid\$ is a show that provides practical advice and information on a wide variety financial, business and monetary topics. The episodes include teens starting their own businesses, showing how to properly manage money, creating budgets and financial wide array goals. These are important steps in learning to become responsible adults and citizens.

Duration: 30 minutes

Time of Broadcast: 11:00 AM

Dates of Broadcast: Jan 4, 11, 18, and 25; Feb 1, 8, 15, and 22; and Mar 1, 8, 15, 22, and 29.

#### Real Life 101

Description: Teenage host interviews people working in different professions to educate youth on career choices.

Duration: 30 minutes

Time of Broadcast: 6:00 AM and 2:30 PM

Dates and Times of Broadcast: Jan 1 – Mar 29 – 2:30PM, and as follows: Jan 3 – 10:30 AM; Jan 4 – 11:30 AM; Jan 10 – 10:30 AM; Jan 11 – 11:30 AM; Jan 17 – 10:30 AM; Jan 18 – 11:30 AM; Jan 24 – 10:30 AM; Jan 25 – 11:30 AM; Jan 31 - - 10:30 AM; Feb 1 – 11:30 AM; Feb 7 – 10:30 AM; Feb 8 – 11:30 AM; Feb 14 – 10:30 AM; Feb 15 – 11:30 AM; Feb 21 – 10:30 AM; Feb 22 – 11:30 AM; Feb 28 – 10:30 AM; Mar 1 – 11:30 AM; Mar 7 – 10:30 AM; Mar 8 – 11:30 AM; Mar 14 – 10:30 AM; Mar 15 – 11:30 AM; Mar 21 – 10:30 AM; Mar 22 – 11:30 AM, Mar 28 – 10:30 AM; and Mar 29 – 11:30 AM.

### **HEALTH/NUTRITION/FITNESS**

#### Contigo En La Enfermedad (With You in Times of Illness)

Description: Produced by the Office of Media and Communications of the diocese of Ponce, this program consists of guidance from religious and community leaders on how to live with serious illness and the importance of maintaining a positive attitude and remaining active in religious and community activities.

Duration: 30 minutes

Time of Broadcast: 7:30 AM

Dates of Broadcast: Jan 25; Feb 1, 8, 15, and 22; and Mar 1, 8, 15, 22, and 28.

#### Testigos De La Alegria (Witnesses of Happiness)

## **WMEI-DT Quarterly Issues and Programs List – continued**

Description: Produced by the Office of Media and Communications of the diocese of Ponce, this program consists of religious and community leaders working with drug addicts and the homeless to deal practically with the challenges of their lives, including personal hygiene, preparation of meals, and activities to improve the stability and quality of their lives.

Duration: 30 minutes

Dates and Times of Broadcast: Jan 18 – 7:00 and 8:00 AM; Jan 24 – 7:30 and 8:30 AM; Jan 25 – 8:30 AM; Jan 31 – 7:30 and 8:30 AM; Feb 1 – 8:30 AM; Feb 7 – 7:30 and 8:30 AM; Feb 14 – 7:30 and 8:30 AM; Feb 15 – 8:30 AM; Feb 21 – 7:30 and 8:30 AM; Feb 22 – 8:30 AM; Feb 28 – 7:30 and 8:30 AM; Mar 7 – 7:30 and 8:30 AM; Mar 8 – 8:30 AM; Mar 15 – 7:30 and 8:30 AM; Mar 15 – 8:30 AM; and Mar 21 – 7:30 and 8:30 AM.

### Kid Power

Description: A fitness show designed to get kids physically active and to promote fitness and nutrition.

Duration: 30 minutes

Dates and Times of Broadcast: Jan 3 – 12:30 PM; Jan 5 – 9:30 AM; Jan 10 – 12:30 PM; Jan 12 – 9:30 AM; Jan 17 – 12:30 PM; Jan 18 – 9:30 AM; Jan 24 – 12:30 PM; Jan 26 – 9:30 AM; Jan 31 – 12:30 PM; Feb 2 – 9:30 AM; Feb 7 – 12:30 PM; Feb 9 – 9:30 AM; Feb 14 – 12:30 PM; Feb 16 – 9:30 AM; Feb 21 – 12:30 PM; Feb 23 – 9:30 AM; Feb 28 – 12:30 PM; Mar 2 – 9:30 AM; Mar 7 – 12:30 PM; Mar 9 – 9:30 AM; Mar 14 – 12:30 PM; Mar 16 – 9:30 AM; Mar 21 – 12:30 PM; Mar 23 – 9:30 AM; and Mar 28 – 12:30 PM.

### Kid Fitness

Description: A non-animated series for children ages 2 through 8 that incorporates bright colors, captivating special effects, dance, adventure story-lines, educational themes and original songs designed to get kids physically moving and learning about fitness and nutrition. Interspersed between adventure and educational segments, 'Kid Fitness' encourages the children at home to exercise with him and his friends as they hop, stretch and sway along to original music.

Duration: 30 Minutes

Times of Broadcast: 7:00 AM and 3:30 PM

Dates of Broadcast: Jan 2, 5 – 9, 12 – 16, 19 – 23, and 26 – 30; Feb 2 – 6, 9 – 13, 16 – 20, and 23 – 27; and Mar 2 – 6, 9 – 13, 16 – 20, and 23 – 27.

### YMCA Public Service Announcement

Duration: 30 seconds

Dates and Times of Broadcast: Jan 6 – 2:06, 6:07, 8:07, and 10:09 PM; Jan 7 – 10:40 AM and 1:14, 5:11, and 7:07 PM; Jan 8 – 10:16 and 11:12 AM and 1:11 and 3:07 PM; Jan 9 – 11:10 and 11:42 AM and 4:10 and 6:35 PM; Jan 10 – 4:40, 8:38, and 9:45 PM; Jan 11 – 1:11, 3:08, 8:09, and 10:08 PM; Jan 12 – 10:14 AM and 2:06, 9:09, and 9:34 PM; Jan 13 – 1:07, 2:08, 5:36, and 8:39 PM; Jan 14 – 11:11 AM and 3:38, 6:12, and 7:09 PM; Jan 15 – 10:41 AM and 1:07, 8:08, and 10:14 PM; Jan 16 – 10:39 AM and 1:38, 8:14, and 10:10 PM; Jan 17 – 1:39, 6:09, and 6:37 PM; Jan 18 – 2:08, 6:34, and 7:09 PM; Jan 19 – 3:46, 6:08, 9:34, and 10:10 PM; Jan 20 – 12:43, 1:37, 6:35, and 10:10 PM; Jan 21 – 11:38 AM and 2:38, 7:06, and 7:28 PM; Jan 22 – 12:05, 1:10, 8:39, and 9:10 PM; Jan 23 – 10:15 and 11:42 AM and 4:09 and

## WMEI-DT Quarterly Issues and Programs List – continued

7:08 PM; Jan 24 – 4:14 and 7:08 PM; Jan 25 – 12:04, 1:40, 4:15, and 8:03 PM; Jan 26 – 10:13 AM and 1:36, 5:10, and 7:09 PM; Jan 27 – 9:38 and 10:15 AM and 9:09 and 9:39 PM; Jan 28 – 1:10, 2:07, 5:10, and 6:09 PM; Jan 29 – 1:36, 3:09, 7:31, and 9:33 PM; Jan 30 – 10:12 and 11:42 AM and 5:09 and 5:39 PM; Jan 31 – 2:39, 4:12, 9:10, and 10:27 PM; Feb 1 – 12:39, 4:12, and 5:41 PM; Feb 2 – 12:05, 1:12, 4:41, and 6:06 PM; Feb 3 – 11:42 AM and 12:05, 6:10, and 10:11 PM; Feb 4 – 1:38, 5:39, 9:36, and 10:38 PM; Feb 5 – 11:09 AM and 1:05, 9:08, and 10:04 PM; Feb 6 – 10:12 and 10:36 AM and 4:35 and 6:33 PM; Feb 7 – 12:10, 1:36, 6:06, and 8:03 PM; Feb 8 – 12:05, 7:32, and 8:04 PM; Feb 9 – 11:39 AM and 1:36, 7:08, and 9:11 PM; Feb 10 – 1:35, 2:38, 6:10, and 7:07 PM; Feb 11 – 10:41 AM and 12:07, 4:39, and 5:35 PM; Feb 12 – 12:37, 2:37, 6:09, and 8:06 PM; Feb 13 – 9:33 and 11:11 AM and 4:11 and 6:35 PM; Feb 14 – 5:32, 6:36, 9:10, and 9:30 PM; Feb 15 – 2:38 and 3:35 PM; Feb 16 – 3:07, 4:07, 8:07, and 8:39 PM; Feb 17 – 11:37 AM and 12:40, 5:40, and 8:39 PM; Feb 18 – 11:36 AM and 12:07, 10:08, and 10:38 PM; Feb 19 – 10:11 and 11:06 AM and 5:39 and 7:07 PM; Feb 20 – 11:02 AM and 12:09, 4:12, and 6:34 PM; Feb 21 – 4:10 and 8:36 PM; Feb 22 – 2:07, 3:35, 7:05, and 9:10 PM; Feb 23 – 12:36, 1:09, 3:41, and 4:41 PM; Feb 24 – 11:09 AM and 4:06, 10:08, and 10:37 PM; Feb 25 – 1:10, 2:07, 5:39, and 6:11 PM; Feb 26 – 11:10 AM and 3:41, 9:33, and 10:39 PM; Feb 27 – 2:07, 3:06, 8:10, and 9:11 PM; Feb 28 – 12:36, 2:07, 6:09, and 8:03 PM; Mar 1 – 5:40 and 9:09 PM; Mar 2 – 11:35 AM and 1:05, 8:06, and 8:40 PM; Mar 3 – 10:02 AM and 12:06, 3:43, and 5:40 PM; Mar 4 – 9:39 AM and 1:37, 4:03, and 9:37 PM; Mar 5 – 3:07, 4:07, 7:07, and 10:11 PM; Mar 6 – 11:14 and 11:39 AM and 5:36 and 8:35 PM; Mar 7 – 2:10, 7:36, and 8:39 PM; Mar 8 – 3:34, 6:35, and 9:38 PM; Mar 9 – 11:58 AM and 12:38, 7:27, and 8:29 PM; Mar 10 – 10:17 and 11:29 AM and 6:28 and 6:59 PM; Mar 11 – 3:27, 4:28, 7:28, and 8:27 PM; Mar 12 – 12:06, 1:34, 4:10, and 4:38 PM; Mar 13 – 10:16 AM and 12:04, 5:10, and 5:36 PM; Mar 14 – 2:07, 2:38, 4:14, and 9:12 PM; Mar 15 – 1:08, 1:38, 6:33, and 8:33 PM; Mar 16 – 11:08 AM and 1:10, 7:30, and 10:09 PM; Mar 17 – 3:57, 4:28, 7:27, and 8:28 PM; Mar 18 – 12:27, 2:27, 7:27, and 8:27 PM; Mar 19 – 1:08, 1:35, 7:28, and 8:38 PM; Mar 20 – 11:08 AM and 12:04, 4:39, and 5:08 PM; Mar 21 – 2:06; 2:37, 10:05, and 10:37 PM; Mar 22 – 2:06, 7:35, and 8:35 PM; Mar 23 – 11:38 AM and 3:07, 9:08, and 9:34 PM; Mar 24 – 11:08 and 11:37 AM and 3:41 and 7:09 PM; Mar 25 – 10:42 AM and 12:06, 6:09, and 8:37 PM; Mar 26 – 10:38 and 11:08 AM and 3:40 and 4:37 PM; Mar 27 – 4:27, 5:57, 8:27, and 10:28 PM; Mar 28 – 12:10, 4:39, and 5:31 PM; and Mar 29 – 12:38, 1:09, 5:07, and 7:07 PM.

### Red Cross Public Service Announcement

Duration 30 seconds

Dates and Times of Broadcast: Jan 6 – 7:05 AM and 11:09 AM; Jan 7 – 1:36 PM and 9:38 PM; Jan 8 – 11:40 AM and 6:35 PM; Jan 9 – 12:11 PM and 8:08 PM; Jan 10 – 5:09 PM and 11:10 PM; Jan 11 – 4:15 PM and 11:07 PM; Jan 12 – 4:08 PM and 10:13 PM; Jan 13 – 2:40 AM and 9:40 PM; Jan 14 – 4:05 and 10:37 PM; Jan 15 – 6:35 and 11:12 PM; Jan 16 – 4:37 and 10:39 PM; Jan 17 – 3:09 and 9:21 PM; Jan 18 – 5:07 and 11:07 PM; Jan 19 – 8:10 and 11:10 PM; Jan 20 – 3:08 and 10:38 PM; Jan 21 – 4:39 and 9:11 PM; Jan 22 – 6:09 and 9:33 PM; Jan 23 – 12:39 and 7:31 PM; Jan 24 – 12:09 and 9:19 PM; Jan 25 – 3:09 and 11:03 PM; Jan 26 – 2:38 and 9:09 PM; Jan 27 – 5:11 and 10:10 PM; Jan 28 – 3:08 and 9:09 PM; Jan 29 – 5:37 and 10:11 PM; Jan 30 – 12:06 and 8:12 PM; Jan 31 – 5:09 and 11:04 PM; Feb 1 – 1:40 and 6:34 PM; Feb 2 – 3:09 and 10:38 PM; Feb 3 – 1:10 and 10:39 PM; Feb 4 – 8:10 and 11:11 PM; Feb 5 – 2:08 and 11:11 PM; Feb 6 – 1:06 and 7:10 PM; Feb 7 – 2:38 and 10:08 PM; Feb 8 – 4:35

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and 10:09 PM; Feb 9 – 2:40 and 11:13 PM; Feb 10 – 4:39 and 9:37 PM; Feb 11 – 12:34 and 6:11 PM; Feb 12 – 3:08 and 9:09 PM; Feb 13 -- 1:09 and 11:10 PM; Feb 14 – 7:07 and 11:03 PM; Feb 15 – 9:36 PM; Feb 16 – 5:09 and 9:35 PM; Feb 17 – 1:10 and 11:10 PM; Feb 18 – 1:11 and 11:11 PM; Feb 19 – 2:37 and 7:29 PM; Feb 20 – 12:41 and 8:12 PM; Feb 21 – 12:38 and 10:10 PM; Feb 22 – 5:09 and 10:37 PM; Feb 23 – 1:34 and 6:37 PM; Feb 24 – 6:08 and 11:11 PM; Feb 25 – 3:07 and 11:11 PM; Feb 26 – 4:08 and 11:10 PM; Feb 27 – 7:05 and 10:11 PM; Feb 28 – 2:38 and 9:44 PM; Mar 1 – 3:07 and 10:37 PM; Mar 2 – 2:08 and 9:10 PM; Mar 3 – 1:37 and 7:08 PM; Mar 4 – 2:38 and 10:09 PM; Mar 5 – 5:11 and 11:12 PM; Mar 6 – 12:39 and 9:33 PM; Mar 7 – 2:39 and 10:38 PM; Mar 8 – 5:09 and 10:08 PM; Mar 9 – 2:28 and 10:59 PM; Mar 10 – 5:58 and 11:29 PM; Mar 11 – 5:28 and 9:28 PM; Mar 12 – 2:06 and 9:09 PM; Mar 13 – 1:10 and 9:32 PM; Mar 14 – 3:06 and 10:32 PM; Mar 15 – 2:38 and 11:03 PM; Mar 16 – 5:10 and 10:34 PM; Mar 17 – 5:27 and 10:27 PM; Mar 18 – 6:28 and 11:27 PM; Mar 19 – 2:06 and 9:08 PM; Mar 20 – 1:06 and 9:32 PM; Mar 21 – 8:02 and 11:02 PM; Mar 22 – 3:06 and 11:02 PM; Mar 23 – 4:38 and 11:10 PM; Mar 24 – 12:05 and 8:03 PM; Mar 25 – 1:36 and 10:35 PM; Mar 26 – 2:04 and 5:08 PM; Mar 27 – 6:27 and 11:27 PM; Mar 28 – 1:08 and 10:09 PM; and Mar 29 – 1:36 and 10:09 PM.

### Anti-Drugs Public Service Announcement

Duration: 30 seconds

Dates and Times of Broadcast: Jan 6 – 9:05 AM and 7:28 PM; Jan 7 – 9:40 AM and 3:08 PM; Jan 8 – 9:07 AM and 12:07 PM; Jan 9 – 10:40 AM and 2:39 PM; Jan 10 – 9:38 AM and 7:38 PM; Jan 11 – 9:07 AM and 7:37 PM; Jan 12 – 9:38 AM and 8:07 PM; Jan 13 – 10:15 AM and 5:11 PM; Jan 14 – 10:15 AM and 5:39 PM; Jan 15 – 9:07 AM and 7:30 PM; Jan 16 – 9:35 AM and 6:14 PM; Jan 17 – 5:33 PM; Jan 18 – 9:07 AM and 6:07 PM; Jan 19 – 3:08 and 8:39 PM; Jan 20 – 10:43 AM and 3:42 PM; Jan 21 – 9:39 AM and 5:09 PM; Jan 22 – 10:41 AM and 7:29 PM; Jan 23 – 9:35 AM and 2:11 PM; Jan 24 – 9:04 AM and 2:09 PM; Jan 25 – 3:35 PM; Jan 26 – 9:08 AM and 4:40 PM; Jan 27 – 9:09 AM and 7:30 PM; Jan 28 – 12:06 and 4:05 PM; Jan 29 – 9:41 AM and 7:08 PM; Jan 30 – 9:35 AM and 1:11 PM; Jan 31 – 12:12 and 8:37 PM; Feb 1 – 9:11 AM and 2:40 PM; Feb 2 – 9:09 AM and 3:37 PM; Feb 3 – 9:38 AM and 4:40 PM; Feb 4 – 12:39 and 9:11 PM; Feb 5 – 9:09 AM and 5:10 PM; Feb 6 – 9:34 AM and 3:07 PM; Feb 7 – 5:07 PM; Feb 8 – 7:03 PM; Feb 9 – 9:37 AM and 3:07 PM; Feb 10 – 9:09 AM and 5:08 PM; Feb 11 – 10:10 AM and 4:04 PM; Feb 12 – 11:11 AM and 4:40 PM; Feb 13 -- 9:06 AM and 2:07 PM; Feb 14 – 12:08 and 7:34 PM; Feb 15 – 9:10 AM and 2:06 PM; Feb 16 – 9:37 AM and 7:29 PM; Feb 17 – 11:12 AM and 4:38 PM; Feb 18 – 10:10 AM and 8:06 PM; Feb 19 – 9:40 AM and 5:11 PM; Feb 20 – 9:35 AM and 2:38 PM; Feb 21 – 9:03 AM and 2:38 PM; Feb 22 – 9:10 AM and 6:07 PM; Feb 23 – 11:10 AM and 3:07 PM; Feb 24 – 10:02 AM and 9:10 PM; Feb 25 – 11:09 AM and 4:04 PM; Feb 26 – 9:40 AM and 8:38 PM; Feb 27 – 12:04 and 7:30 PM; Feb 28 – 9:03 AM and 3:07 PM; Mar 1 – 9:38 AM and 4:02 PM; Mar 2 – 10:39 AM and 6:09 PM; Mar 3 – 9:39 AM and 2:39 PM; Mar 4 – 9:09 AM and 3:42 PM; Mar 5 – 9:39 AM and 6:08 PM; Mar 6 – 9:07 AM and 2:08 PM; Mar 7 – 3:33 PM; Mar 8 – 6:09 PM; Mar 9 – 11:28 AM and 6:58 PM; Mar 10 – 9:28 AM and 5:27 PM; Mar 11 – 12:27 and 6:28 PM; Mar 12 – 10:37 AM and 2:38 PM; Mar 13 – 9:07 AM and 1:35 PM; Mar 14 – 12:14 and 3:33 PM; Mar 15 – 9:10 AM and 5:39 PM; Mar 16 – 10:38 AM and 5:36 PM; Mar 17 – 9:57 AM and 6:57 PM; Mar 18 – 9:27 AM and 6:58 PM; Mar 19 – 10:15 AM and 3:43 PM; Mar 20 – 9:33 AM and 3:07 PM; Mar 21 – 9:37 AM and 9:06 PM; Mar 22 – 3:33 PM; Mar 23 – 9:06 AM and 7:10 PM; Mar 24 – 9:06 AM and 2:37 PM; Mar 25 – 9:38 AM and 4:03 PM; Mar 26 – 9:07 AM

## WMEI-DT Quarterly Issues and Programs List – continued

and 2:37 PM; Mar 27 – 1:28 and 7:57 PM; Mar 28 – 2:06 PM; and Mar 29 – 9:38 AM and 2:37 PM.

### 21 Day Fix

Description: Workout/Fitness Video

Duration: 28 minutes 30 seconds

Dates and Times of Broadcast: Jan 1 and 3 – 4:00 AM; Jan 5 – 1:30 AM; Jan 6 – 4:00 AM; Jan 8 – 2:30 AM; Jan 10 – 2:00 AM; Jan 11 – 4:30 AM; Jan 13 – 4:00 AM; Jan 15 – 1:00 AM; Jan 16 – 4:30 AM; Jan 18 – 3:30 AM; Jan 20 – 2:00 AM; Jan 21 and 23 – 3:00 AM; Jan 26 – 4:30 AM; Jan 28 – 1:30 AM; Jan 30 – 2:30 AM; Jan 31 – 3:00 AM; Feb 2 – 3:30 AM; Feb 4 – 1:30 AM; Feb 5 – 4:30 AM; Feb 7 – 2:00 AM; Feb 9 – 3:00 AM; Feb 10 – 4:30 AM; Feb 12 – 3:00 AM; Feb 14 – 1:30 AM; Feb 15 and 17 – 3:30 AM; Feb 19 – 3:00 AM; Feb 20 – 4:30 AM; Feb 22 – 2:30 AM; Feb 24 – 2:00 AM; Feb 25 – 3:00 AM; Feb 27 – 2:30 AM; Mar 2 – 4:00 AM; Mar 6 – 1:30 AM; Mar 7 – 4:30 AM; Mar 12 – 3:00 AM; Mar 14 – 2:30 AM; Mar 16 – 3:30 AM; Mar 20 – 3:00 AM; Mar 23 – 1:00 AM; Mar 25 – 4:00 AM; and Mar 28 – 1:30 AM.

### Focus T25

Description: Workout/Fitness Video

Duration: 28 minutes 30 seconds

Dates and Times of Broadcast: Jan 2 – 1:00 AM; Jan 3 – 4:30 AM; Jan 5 – 3:00 AM; Jan 7 – 1:00 AM; Jan 8 – 3:30 AM; Jan 10 – 3:00 AM; Jan 12 – 1:30 AM; Jan 13 – 4:30 AM; Jan 15 – 3:30 AM; Jan 17 – 1:00 AM; Jan 18 – 4:00 AM; Jan 20 – 3:30 AM; Jan 22 – 1:00 AM; Jan 23 – 4:00 AM; Jan 25 – 2:30 AM; Jan 27 – 1:00 AM; Jan 28 – 2:00 AM; Jan 30 – 3:30 AM; Feb 2 – 4:00 AM; Feb 4 – 2:00 AM; Feb 6 – 1:00 AM; Feb 7 and 9 – 3:30 AM; Feb 11 – 1:00 AM; Feb 12 – 4:30 AM; Feb 14 – 3:00 AM; Feb 16 – 1:30 AM; Feb 17 – 4:30 AM; Feb 19 – 3:30 AM; Feb 21 – 1:00 AM; Feb 22 – 4:00 AM; Feb 24 – 3:00 AM; Feb 26 – 2:00 AM; Feb 27 – 4:30 AM; Mar 1 – 2:30 AM; Mar 3 – 1:30 AM; Mar 4 – 4:30 AM; Mar 6 – 2:00 AM; Mar 13 – 1:30 AM; Mar 14 – 4:30 AM; Mar 16 – 4:00 AM; Mar 19 – 2:30 AM; Mar 21 – 3:30 AM; Mar 24 – 2:00 AM; and Mar 26 – 4:00 AM.

### Brazil Butt Lift

Description: Workout/Fitness Video

Duration: 28 minutes 30 seconds

Dates and Times of Broadcast: Jan 2 – 3:00 AM; Jan 5 – 3:30 AM; Jan 7 – 2:00 AM; Jan 9 – 1:30 AM; Jan 10 – 4:00 AM; Jan 12 – 2:30 AM; Jan 14 – 2:00 AM; Jan 15 – 4:00 AM; Jan 17 – 1:30 AM; Jan 19 – 1:00 AM; Jan 20 – 4:00 AM; Jan 22 – 3:00 AM; Jan 24 – 1:30 AM; Jan 25 and 27 – 3:30 AM; Jan 29 – 2:00 AM; Jan 30 – 4:30 AM; Feb 1 – 2:30 AM; Feb 3 – 1:00 AM; Feb 4 – 3:30 AM; Feb 6 – 1:30 AM; Feb 9 – 4:00 AM; Feb 11 – 3:30 AM; Feb 13 – 1:00 AM; Feb 14 – 4:00 AM; Feb 16 – 2:30 AM; Feb 18 – 1:00 AM; Feb 19 – 4:00 AM; Feb 21 – 3:00 AM; Feb 23 – 1:30 AM; Feb 24 – 4:30 AM; Feb 26 – 3:30 AM; Feb 28 – 1:00 AM; Mar 1 – 4:00 AM; Mar 3 – 2:30 AM; Mar 5 – 2:00 AM; Mar 6 – 3:30 AM; Mar 8 – 2:00 AM; Mar 12 – 2:30 AM; Mar 16 – 4:30 AM; Mar 21 and 23 – 1:30 AM; and Mar 26 and 28 – 3:00 AM.

### Rockin Body

Description: Workout/Fitness Video

Duration: 28 minutes 30 seconds

## WMEI-DT Quarterly Issues and Programs List – continued

Dates and Times of Broadcast: Jan 1 and 3 – 2:30 AM; Jan 4 – 3:00 AM; Jan 6 – 3:30 AM; Jan 8 – 1:00 AM; Jan 9 – 3:30 AM; Jan 11 – 2:30 AM; Jan 13 – 3:00 AM; Jan 14 – 4:30 AM; Jan 16 – 1:30 AM; Jan 19 – 4:30 AM; Jan 21 – 2:30 AM; Jan 23 – 2:00 AM; Jan 24 – 2:30 AM; Jan 26 – 4:00 AM; Jan 28 – 1:00 AM; Jan 29 – 4:30 AM; Jan 31 – 2:00 AM; Feb 2 – 2:30 AM; Feb 3 – 4:30 AM; Feb 5 – 4:00 AM; Feb 7 – 1:30 AM; Feb 8 – 4:30 AM; Feb 10 – 2:00 AM; Feb 12, 13, and 15 – 2:30 AM; Feb 17 – 2:00 AM; Feb 18 – 2:00 AM; Feb 20 – 3:30 AM; Feb 22 – 2:00 AM; Feb 23 – 4:00 AM; Feb 25 – 1:30 AM; Feb 27 – 1:00 AM; Feb 28 – 2:30 AM; Mar 2 – 3:30 AM; Mar 4 – 1:00 AM; Mar 5 – 4:00 AM; Mar 7 – 3:00 AM; Mar 12 – 2:30 AM; Mar 14 – 1:30 AM; Mar 15 – 3:00 AM; Mar 20 and 22 – 2:30 AM; and Mar 25 – 1:00 AM.

### P90X

Description: Workout/Fitness Video

Duration: 28 minutes 30 seconds

Dates and Times of Broadcast: Jan 1 – 2:00 AM; Jan 2 – 3:30 AM; Jan 4 – 2:00 AM; Jan 6 – 1:30 AM; Jan 7 – 4:30 AM; Jan 9 – 3:00 AM; Jan 11 – 2:00 AM; Jan 12 – 4:00 AM; Jan 14 – 2:30 AM; Jan 16 – 1:00 AM; Jan 17 – 2:00 AM; Jan 19 – 3:00 AM; Jan 21 – 1:30 AM; Jan 22 – 3:30 AM; Jan 24 – 2:00 AM; Jan 26 – 2:30 AM; Jan 27 – 4:30 AM; Jan 29 – 3:00 AM; Jan 31 – 1:00 AM; Feb 1 – 4:00 AM; Feb 3 – 3:00 AM; Feb 5 – 2:30 AM; Feb 6 – 3:00 AM; Feb 8 – 4:00 AM; Feb 10 – 1:30 AM; Feb 11 – 4:30 AM; Feb 13 – 2:00 AM; Feb 16 – 4:00 AM; Feb 18 – 1:30 AM; Feb 20 – 1:00 AM; Feb 21 – 4:30 AM; Feb 23 – 3:30 AM; Feb 25 – 1:00 AM; Feb 26 – 4:30 AM; Feb 28 – 2:00 AM; Mar 2 – 3:00 AM; Mar 3 – 4:00 AM; Mar 5 – 3:00 AM; Mar 7 – 1:00 AM; Mar 8 – 3:30 AM; Mar 12 – 1:00 AM; Mar 13 – 4:00 AM; Mar 15 – 2:00 AM; Mar 17 – 2:20 AM; Mar 19 – 3:30 AM; Mar 24 – 2:30 AM; and Mar 29 – 2:00 AM.

### Ab Rocket Twister

Description: Use of Exercise Equipment

Duration: 28 minutes 30 seconds

Dates and Times of Broadcast: Jan 1 – 1:00 AM; Jan 2 – 2:00 AM; Jan 3 – 1:00 AM; Jan 5 – 2:00 AM; Jan 6 – 1:00 AM; Jan 7 – 2:30 AM; Jan 8 – 1:30 AM; Jan 9 – 2:00 AM; Jan 10 – 1:00 AM; Jan 12 – 2:00 AM; Jan 13 – 1:30 AM; Jan 14 – 1:00 AM; Jan 15 – 2:00 AM; Jan 16 and 17 – 3:00 AM; Jan 19 – 1:30 AM; Jan 20 – 1:00 AM; Jan 21 – 3:30 AM; Jan 22 – 2:00 AM; Jan 23 – 1:00 AM; Jan 24 – 3:00 AM; Jan 26 – 1:30 AM; Jan 27 – 2:00 AM; Jan 28 – 3:30 AM; Jan 29 and 30 – 1:00 AM; Jan 31 and Feb 2 – 1:30 AM; Feb 3 – 2:30 AM; Feb 4 – 3:00 AM; Feb 5 – 1:00 AM; Feb 6 – 2:00 AM; Feb 7 – 1:00 AM; Feb 8 – 2:00 AM; Feb 9 – 1:30; Feb 10 – 1:00 AM; Feb 11 – 2:30 AM; Feb 12 – 1:00 AM; Feb 13 – 1:30 AM; Feb 14 and 15 – 2:00 AM; Feb 16 – 1:00 AM; Feb 17 – 1:30 AM; Feb 18 – 3:30 AM; Feb 19 – 1:00 AM; Feb 20 – 2:00 AM; Feb 21 – 2:30 AM; Feb 23 – 2:00 AM; Feb 24 – 1:00 AM; Feb 25 – 2:00 AM; Feb 26 – 1:00 AM; Feb 27 – 1:30 AM; Feb 28 – 3:00 AM; Mar 2 – 1:30 AM; Mar 3 – 1:00 AM; Mar 4 – 1:30 AM; Mar 5 – 1:00 AM; Mar 6 – 3:00 AM; Mar 7 – 1:30 AM; Mar 12 – 2:30 AM; Mar 14 – 1:00 AM; Mar 15 – 4:30 AM; Mar 19 – 1:00 AM; Mar 20 and 22 – 4:00 AM; Mar 24 – 1:00 AM; Mar 25 – 4:30 AM; and Mar 29 – 2:30 AM.

### NutriBullet

Description: Use of Kitchen Blender to Prepare Healthy Meals

Duration: 28 minutes 30 seconds

Dates and Times of Broadcast: Jan 1 – 3:00 AM; Jan 2 – 2:30 AM; Jan 3 – 1:30 AM; Jan 4 –



## WMEI-DT Quarterly Issues and Programs List – continued

3:30 AM; Jan 5 – 2:30 AM; Jan 6 – 2:00 AM; Jan 7 – 3:30 AM; Jan 8 – 3:00 AM; Jan 9 – 2:30 AM; Jan 10 – 1:30 AM; Jan 11 – 3:30 AM; Jan 12 – 3:00 AM; Jan 13 – 2:30 AM; Jan 14 – 1:30 AM; Jan 15 – 2:30 AM; Jan 16 and 17 – 3:30 AM; Jan 18 and 19 – 2:00 AM; Jan 20 – 1:30 AM; Jan 21 – 4:00 AM; Jan 22 – 2:30 AM; Jan 23 – 1:30 AM; Jan 24 – 3:30 AM; Jan 25 – 3:00 AM; Jan 26 – 2:00 AM; Jan 27 – 2:30 AM; Jan 28 – 4:00 AM; Jan 29 – 1:30 AM; Jan 30 – 2:00 AM; Jan 31 – 2:30 AM; Feb 1 – 3:30 AM; Feb 2 – 2:00 AM; Feb 3 – 3:30 AM; Feb 4 – 4:00 AM; Feb 5 – 1:30 AM; Feb 6 – 2:30 AM; Feb 7 – 4:00 AM; Feb 8 – 3:00 AM; Feb 9 – 2:00 AM; Feb 10 – 2:30 AM; Feb 11 – 3:00 AM; Feb 12 – 1:30 AM; Feb 13 – 3:00 AM; Feb 14 – 2:30 AM; Feb 15 – 3:00 AM; Feb 16 – 3:30 AM; Feb 17 – 2:30 AM; Feb 18 – 4:00 AM; Feb 19 – 1:30 AM; Feb 20 – 2:30 AM; Feb 21 – 3:30 AM; Feb 23 – 2:30 AM; Feb 24 – 1:30 AM; Feb 25 – 4:00 AM; Feb 26 – 2:30 AM; Feb 27 – 3:00 AM; Feb 28 – 4:00 AM; Mar 1 – 3:30 AM; Mar 2 and 3 – 2:00 AM; Mar 4 – 2:30 AM; Mar 5 – 3:30 AM; Mar 6 – 4:30 AM; Mar 7 – 3:30 AM; Mar 8 – 4:00 AM; Mar 12 – 1:30 AM; Mar 13 – 4:30 AM; Mar 15 – 4:00 AM; Mar 20 – 3:30 AM; Mar 23 and 25 – 3:00 AM; and Mar 28 – 4:00 AM.