
ISSUE: Family Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Jul 19, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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With back to school just around the corner, immunizations are discussed. What shots are required and where can they be obtained for little or no charge. Questions taken from listeners about the immunizations. Part 2 of two.

ISSUE: Education Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Jul 26, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Food safety is discussed this week with Jonathan Barrera. Keeping in mind back to school is coming up, attention is paid to food safety when packing a lunch for school children. What foods are safe to pack and is refrigeration necessary.

ISSUE: Economy/Jobs/Quality of Life Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Aug 2, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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It's National Farmers Market Week. The benefits of fresh home grown foods are discussed. Also discussed is the fact that some farmers markets accept the WIC card.

ISSUE: Social Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Aug 9, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Vanessa Adams discussed the Breastfeeding programs going on at the WIC clinics. There are free education programs on breastfeeding for both the mothers and the dads. The benefits of breastfeeding.

ISSUE: Family Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Aug 16, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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The D.R.E.A.M. program is discussed with Larissa Colby. This program, which stands for Delivering Resources and Empowering All Mothers, seeks to connect and implement a program for pregnant and postpartum mothers in Smith County that will reduce preterm births. The goal is for new and expecting moms to have better access to local health resources.

ISSUE: Healthcare and Health Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Aug 23, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Jonathan Barena of NETHEALTH discusses workplace safety in East Texas. What programs are in place to ensure the safety of workers. What can you do if you are aware of unsafe conditions in the workplace.

ISSUE: Social Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Aug 30, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Terrence Ates of NETHealth discusses the importance of keeping a regular sleep schedule. The health benefits of getting a good night's sleep. With the kids going back to school, the importance of getting them put to bed early is discussed.

ISSUE: Education Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Sep 6, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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September is National Preparedness Month. Thomas Alford of NETHealth discusses the benefits of having an "emergency checklist" prepared so you will be ready in case of storms or power outages. What resources are available to East Texans during a crisis.

ISSUE: Healthcare and Health Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Sep 13, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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Vanessa Adams of NETHealth discusses Mother-Infant Health. Spotlighted are the free classes offered for new mothers (and fathers) in East Texas. How does the physical health of the mother affect the child.

ISSUE: Social Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Sep 20, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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This is Health (Middle)Aging Month. George Roberts of NETHealth discusses whether 40 really is the "new" 30 and gives tips on what you can do as your body ages to keep fit and healthy. Also discussed are free exercise and yoga programs around East Texas targeting folks over 40.

ISSUE: Education Issues

PROGRAM NAME: East Texas Esta Semana

DATE: Sep 27, 2023 **TIME:** 1pm **DURATION:** 30 minutes

DESCRIPTION OF PROGRAM:

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This is Food Safety Education Month. With the East Texas Fair in progress, Thomas Alford discusses what safety programs are in place for the food vendors at the fair. Can you go and enjoy the food and not worry about cleanliness and safety issues.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Aug 5, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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Immigration attorney Fernando DuBove opens the phone lines and takes questions from listeners.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Aug 12, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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Fernando DuBove discusses how relatives can pass citizenship rights to their children.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Aug 19, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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The topic discussed is, in deportation cases, the difference between the judge's order ending the case and the judge's order closing the case administratively.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Aug 26, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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Immigration attorney Fernando DuBove opens the phone lines and takes questions from listeners.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Sep 9, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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Topic discussed is what is needed for travel permits.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Sep 16, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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Immigration attorney Fernando DuBove opens the phone lines and takes calls from listeners.

ISSUE: Immigration Issues

PROGRAM NAME: Despacho Del Migrante

DATE: Sep 23, 2023 **TIME:** 12:00 noon **DURATION:** 1 hour

DESCRIPTION OF PROGRAM:

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Today's discussion centers exclusively on immigration tips specifically for people from Venezuela.