

**RADIO COMMUNITY ISSUES –PROGRAMS REPORT**

**JIMENA AGUILAR**

**VIVA**

ENTRAVISION HOLDINGS, LLC  
2425 OLYMPIC BLVD STE 6000 W  
SANTA MONICA, CA 90404 4030

**QUARTER 2, 2022**

**April 1, 2022 – June 30, 2022**

Title: Take your shoes off when entering your house.

Program: Jimena

Date and Time: Friday April 15, 2022 at 1:04pm

Duration: 1:37

Description: Jimena mentioned that is best to take your shoes off before entering a house. The sole of the shoes carry lots of germs including the e-coli bacteria, these spreads on the floor and on the carpet and people can get sick.

Title: Boost your energy with a healthy shot.

Program: Jimena

Date and Time: Monday April 11, 2022 at 11:20am

Duration: 1:31

Description: Jimena mentioned that you can boost your energy with a healthy shot. In a juice extractor, blend 2 carrots, 1 lemon, 3 centimeters of ginger and one teaspoon of turmeric...drink it on an empty stomach. It is good for the skin, it reduces inflammation, and it improves your blood circulation.

Title: How to Make Money with Tik Tok

Program: Jimena

Date and Time: Friday April 22, 2022 at 10:20pm

Duration: 1:53

Jimena said to be careful using Tik Tok because it can be addictive but a user can also make money. To qualify user must be a resident of the United States, United France, Germany, Spain or Italy. Be 18 years or older and have at least 10,000 followers. For example, an influencer who has 2 million followers can earn between \$9 and \$38 per day.

Title: 5 things Elon Musk Wants to change in Twitter

Program: Jimena

Date and Time: Thursday April 28, 2022 at 11:40am

Duration: 1:43 minutes

Jimena gave information for Twitter users, she said now that Elon Musk bought Twitter for 44 Billion dollars he is planning on making 5 changes: 1) Liberty of expression, 2) Make algorithm public, 3) Crackdown on scams, 4) Eliminate advertising, and 5) Include an edit button.

Title: What to do in case of a heart attack or Hyperthermia

Program: Jimena

Date and Time: Friday April 29, 2022 at 11:20am

Duration: 1:37 minutes

Jimena mentioned that if someone is having a heart attack to immediately chew on an aspirin, this could save his/her life. Also if someone lives in a cold weather city, it is recommended that he/she has a survival candle in his/her glove compartment, This will keep you warm enough to avoid having a hypothermia attack.

Title: NASA Announced the Destruction of Earth by an Asteroid this May 6th

Program: Jimena

Date and Time: Friday May 06, 2022 at 10:35am

Duration: 1:31 minutes

Jimena talked about the news of NASA announcing the destruction of Earth by an asteroid this May 6th, the news went viral on social media like Twitter, Facebook and Tik Tok, but relax because is fake news, NASA has not publish such thing, An asteroid will be passing near Earth but if it penetrates our atmosphere the asteroid will just fall into the ocean so no worries.

Title: Stress and Anxiety signs

Program: Jimena

Date and Time: Friday May 13, 2022 at 1:35pm

Duration: 1:46 minutes

Jimena explained the signs a body with high levels of stress shows like damage skin, pimples or acne, dull and pale skin, dehydration, sleep issues and hair loss.

If someone has any of these symptoms, he/she needs to relax and consult a doctor.

Title: Do you know where to put a fan in your house?

Program: Jimena

Date and Time: Monday May 25, 2022 at 11:20am

Duration: 1:51 minutes

Jimena talked about where to put a fan. The window is the best place to put a fan, it will give good air circulation. It's not recommended to put a fan in a closed room because the same hot air will be circulating.

Title: Trick your brain with Laughter therapy

Program: Jimena Viva

Date and Time: Wednesday June 01, 2022 at 10:40am

Duration: 1:31 minutes

Jimena explained how a person can trick your brain with laughter therapy. A brain does not know the difference between a fake laugh and a genuine laugh, so start by faking a laugh and a person can start getting all the benefits that laughter provides.

Title: How to eliminate the double chin

Program: Jimena

Date and Time: Thursday June 02, 2022 at 1:20pm

Duration: 1:29 minutes

Jimena talked about how someone can reduce his/her double chin and even eliminate it. According to some specialists, if someone takes vitamin E or ingested it in a form of apple and vegetable juice could help to eliminate the fat that gets accumulates under his/her chin. It also helps if the person exercises regularly and eats a healthy diet.

Title: Eating chocolate can protect your heart

Program: Jimena

Date and Time: Wednesday June 08, 2022 at 10:35am

Duration: 1:33 minutes

Jimena spoke about eating chocolate can protect the heart, specially eating cacao or dark chocolate. Cacao has an ingredient called epicatechin, which is beneficial for the body because it helps regulate blood pressure.

Title: Covid vaccine for preschoolers

Program: Jimena

Date and Time: Wednesday June 22, 2022 at 1:50pm

Duration: 0:24 seconds

Jimena mentioned Covid vaccine has been approved for preschoolers and for babies as young as 6 months old. The vaccine will be available next week.

Title: When to go see your gynecologist

Program: Jimena

Date and Time: Monday June 27, 2022 at 12:35pm

Duration: 1:24 minute

Jimena mentioned 3 red flags that indicate a woman needs to visit a gynecologist ungently. The three red flags are the menstrual cycle is irregular, more bleeding, and more pain than normal, and any type of change in a menstrual cycle.