

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/31/23 – 04/02/23

Guests & Topics:

Dr. Jennifer Katzenstein, Director of Psychology, Neuropsychology and Social Work & Co-Director of the Center for Behavioral Health at Johns Hopkins All Children's Hospital – Dr. Katzenstein discusses strategies to help parents communicate with children and young adults in the aftermath of a tragedy, like the recent school shooting in Nashville. Dr. Katzenstein also explains signs to watch for in children who may be struggling with these kinds of events, and others who could be a harm to themselves for those around them.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/31/23 – 04/02/23

Guests & Topics:

- **English:**
 - Today we are joined by Dr. Susana Morales, Associate Professor of Internal Medicine at Wile Cornell University of Medicine at New York Perspetarian Hospital. She shares a little more about the state of COVID three years after the start of the pandemic, the advances in the vaccine, and explains more about persistent COVID.
 - We also spoke with Miguel Burgos, a Certified Public Accountant (CPA) and TurboTax expert. He gives us tips to fill out our tax return and the errors that we should avoid when it comes to filling out our forms.
- **Spanish:**
 - Hoy nos acompaña la Dra. Susana Morales, Profesora Asociada de Medicina Interna en la Universidad de Medicina Wile Cornell en el New York Perspetarian Hospital. Ella nos comparte un poco más sobre el estado del COVID a tres años despues del inicio de la pandemia, los avances en la vacuna y explica más sobre el COVID persistente.
 -
 - También hablamos con Miguel Burgos, Contador Público Certificado (CPA) y experto en impuestos de TurboTax. Nos da tips para llenar nuestra declaración de impuestos y cuales son los errores que debemos evitar en cuanto a los formularios.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/24/23 – 03/26/23

Guests & Topics:

- **Dr. Ala Stanford**, HHS Regional Director for Region III – Dr. Stanford discusses the COVID-19 vaccines, including a shift to an all-bivalent approach, who should prioritize receiving one, and women's health issues that have been affected by the pandemic.

Jennifer Pipa, Vice President of Disaster Programs for the American Red Cross – Jennifer Pipa explains the work the American Red Cross does in response to a wide range of disasters, along with disaster preparation tips, and the importance of donating blood.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/24/23 – 03/26/23

Guests & Topics:

- **English:**
 - Inflation is affecting our decisions including how we eat. Today we spoke with Dr. Héctor Colón-Rivera, president of the APA Caucus of Hispanic Psychiatrists and he will give us some advice on how we can save on our food.

We also speak with Dr. Barbara Robles, an academic child psychiatrist, and mental health consultant. She brings us more information about a survey conducted that shows that about three in 10 Hispanic Americans are concerned about the impact that social networks have on mental health.

- **Spanish:**
 - La inflación está afectando nuestras decisiones incluyendo cómo comemos. Hoy hablamos con el Dr. Héctor Colón-Rivera, presidente del Caucus de psiquiatras hispanos de la APA y el nos dará unos consejos de como podemos ahorrar en nuestros alimentos.

También hablamos con la Dr.

Barbara Robles, psiquiatra académica infantil y consultora de salud mental.

Ella nos trae mas información sobre una encuesta realizada que muestra que alrededor de tres de cada 10 hispano-estadounidenses se preocupan del impacto que las redes sociales tienen sobre la salud mental.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/17/23 – 03/19/23

Guests & Topics:

- **Sultan Meghji, Former Chief Innovation Officer at the Federal Deposit Insurance Corporation & Duke University Professor** – Sultan Meghji breaks down the U.S. banking and financial systems following the recent collapse of Silicon Valley Bank, including the role of the Federal Reserve and the FDIC.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/17/23 – 03/19/23

Guests & Topics:

- Today we speak with **Dr. Grazie Pozo Christie, a practicing diagnostic radiologist in Miami and an Associate Fellow at the Charlotte Lozier Institute**, where she focuses on research related to women's health care. She tells us about the new abortion pill that is causing controversy and how it could affect the body.
- **Dr. Jorge Ruiz-Menjivar, Professor of Family and Consumer Economics**. He gives us tips on how we can save and stay within our budget this 2023.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/10/23 – 03/12/23

Guests & Topics:

- **Christine Guilfoyle, President of See Her.** Christine Guilfoyle joins the show to discuss Women's History Month, International Women's Day, and the See Her mission to increase the representation and accurate portrayal of all women and girls in marketing, media, and entertainment.
- **Jessica Malaty Rivera, Infectious Disease Epidemiologist and Research Assistant at the Johns Hopkins University School of Public Health & Center for Health Security.** Jessica Malaty Rivera discusses how scientists study and research emerging viral threats, what we've learned from the COVID-19 pandemic, and what the latest data tells us about the safety and efficacy of the COVID vaccines.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/10/23 – 03/12/23

Guests & Topics:

- The heat of summer is on its way and people may feel the need to water their lawns more and take more showers. To give us advice on how we can reduce the economic costs caused by the use of water, we are joined by **Lorna Bravo, director of the Broward County UF/IFAS Extension department.**
- According to a new study led by the University of Miami Miller School of Medicine and collaborating institutions, bariatric surgery has proven to be an effective option for adolescents struggling with obesity and other associated health complications. To tell us more about the study, we are joined by **Dr. Nestor de la Cruz-Muñoz.**

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/03/23 -- 03/05/23

Guests & Topics:

- **Dr. Alfiee Breland-Noble, an internationally recognized psychologist, author, and founder of The AAKOMA Project.** Dr. Noble discusses the Ad Council's Sound It Out Together campaign, focusing on providing resources for parents and caregivers to talk with their kids about mental health and issues they may be experiencing that are impacting their health and well-being. Dr. Noble also provides insight into the latest data on youth mental health, including an alarming new study done by the CDC.
- **Jim Lorraine, President & CEO of America's Warrior Partnership.** Jim Lorraine discusses the issue of veteran suicide, including the latest strategies available to help stop veterans from reaching that crisis point. In light of National Caregivers Day, Jim Lorraine also explains the crucial role caregivers play in caring for our veterans.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 03/03/23 – 03/05/23

Guests & Topics:

- On today's show, we speak with **Dr. Susana Morales, Associate Professor of Internal Medicine at Wile Cornell University at New York Presbyterian Hospital.** She tells us more about what Persistent COVID is and how it can affect us in our day to day.
- Staying on the subject of health, we also talk about mental health in adolescents. As parents and guardians, we play a fundamental role in the emotional well-being of our children. To talk to us a little more about this topic, we are joined by **Dr. Regina Miranda, an expert in mental health.**

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 02/24/23 – 02/26/23

Guests & Topics:

- **Dr. Barbara Kevish, Associate VP at UPMC Health Plan & Practicing Primary Care Physician.** Dr. Kevish discusses Heart Health Month and steps everyone can take to limit the risk of cardiovascular disease. Dr. Kevish also explains some of the most common cardiovascular issues, like heart attacks and strokes.
- **Dr. Amy Green, Head of Research at Hopelab.** Dr. Green breaks down a recent CDC report on youth mental health that found an alarming number of girls across the country are experiencing feelings of sadness and hopelessness. Dr. Green steps through the data and some of the potential underlying reasons for the results.

Estamos Contigo: Public Affairs Special

THIS IS A RE-PLAY OF THE 01/27-01/29 BROADCAST

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 02/24/23 – 02/26/23

Guests & Topics:

- We're joined by **Dr. Jorge Ruiz-Menjivar, Professor of Family and Consumer Economics.** He gives us tips on how we can save money and stay within our budget this 2023.
- Tax season is upon us, and we have **Miguel Burgos, a bilingual Certified Public Accountant (CPA) and TurboTax Tax Expert** who has tips to help you feel safe and confident when filing your 2022 tax return.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 02/17/23 – 02/19/23

Guests & Topics:

- **Marvin B. Figueroa, Director of the Office of Intergovernmental and External Affairs (IEA) at HHS.** Director Figueroa discusses HHS' efforts to reach Black Americans, specifically as its related to COVID-19, and the numerous other priorities that department is currently working on, such as mental health care and overall health equity.
- **Dr. Theresa Price, Founder & CEO of the National College Resources Foundation.** Dr. Price discusses her organization's mission to reduce the high school dropout rate, increase degree and certificate enrollment among disadvantaged and underserved communities, and close the gap in educational achievement.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 02/17/23 – 02/19/23

Guests & Topics:

- According to the CDC, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Joining us today is **Dr. Mayrene Hernandez, Medical Director, UNITED HEALTH CARE.** She gives us life habits that we can adopt to be healthier and prevent heart disease.
- On the other hand, the prices of consumer goods continue to rise. This situation makes paying debts on time a challenge. Luckily, **Nelly Nelson, UF/IFAS Consumer and Family Sciences outreach agent in Manatee County** joins us and shares with us some advice to pay off debt and be able to obtain better credit scores.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 02/03/23 -- 02/05/23

Guests & Topics:

- **Alison Barkoff, Acting Administrator and Assistant Secretary for Aging and Principal Deputy Administrator at the Administration for Community Living.** Alison Barkoff explains the role of ACL in assisting older adults and those with disabilities, along with the importance of COVID-19 vaccines for those specific groups of individuals.
- **Brian Hooks, Chairman & CEO of Stand Together.** Brian Hooks discusses the work Stand Together does as a philanthropic community tackling the root causes of America's biggest problems. Brian also highlights the 1 Million Strong campaign, an initiative that seeks to transform the way people think about addiction and recovery.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 02/03/23 – 02/05/23

Guests & Topics:

- We are joined by **Dr. Pablo Rodríguez, associate professor at the Warren Alpert School of Medicine at Brown University.** He gives us an update on the state of the COVID-19 pandemic, the vaccines, and medicines available, and also what we should do if we are not feeling well.
- Also joining us is **Jorge del Valle Director, head of Multi-Asset Strategies & Solutions for Latin America at Blackrock,** he gave us tips for investing in stocks, bonds, and ETFs.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/27/23 – 01/29/23

Guests & Topics:

- **Dr. Robert Otto Valdez, Director of the Agency for Healthcare Research & Quality** – Dr. Valdez explains the work AHRQ does, including its role in the national response to the COVID-19 pandemic and the battle against Long COVID. Plus, Dr. Valdez explains how the agency addresses issues of patient safety.
- **Case Kenny, Mindfulness Expert and Host & Founder of the Self-Help Podcast New Mindset, Who Dis** – Case Kenny offers strategies and tips for prioritizing mental and physical health in the new year, including ways to work yourself out of difficult times and achieve goals set for 2023.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/27/23 – 01/29/23

Guests & Topics:

- We're joined by **Dr. Jorge Ruiz-Menjivar, Professor of Family and Consumer Economics**. He gives us tips on how we can save money and stay within our budget this 2023.
- Tax season is upon us, and we have **Miguel Burgos, a bilingual Certified Public Accountant (CPA) and TurboTax Tax Expert** who has tips to help you feel safe and confident when filing your 2022 tax return.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/20/23 - 01/22/23

Guests & Topics:

- **Dr. Baia Lasky, Medical Director for the American Red Cross** – For National Blood Donor Month, Dr. Lasky explains the work the American Red Cross does involving blood donations across the country, along with important information on who can donate and how blood donations are utilized.
- **Anahad O'Connor Washington Post Eating Lab Columnist** – Anahad explains the health benefits of Dry January, how a simple change in diet can lead to tremendous health results, and new data behind when we eat and how it impacts our body.
- **Bill Alexander Executive Director of the National Law Enforcement Memorial** – Bill provides info on how NLEM supports law enforcement nationwide, along with their families. Bill also runs through recent trends in members of law enforcement being killed in the line of duty and ways to help prevent that moving forward.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/20/23 - 01/22/23

Guests & Topics:

- We speak with **Emmy Award winner Rick Sanchez**, he has been among the highest-rated newscasters in history as is the first Latino to have a syndicated show on CNN. He tells us about his career and what Latinos can do to continue growing in this country.
- We're also joined by **Dr. Juanita Mora, a leading allergist and spokesperson for the American Lung Association**. She gives us a little more information about Respiratory Syncytial Virus in children.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/13/23 – 01/15/23

Guests & Topics:

- **Dr. Raquel Hernandez Medical Director for the Johns Hopkins All Children's Healthy Weight Initiative** – Dr. Hernandez breaks down new guidelines released by the American Academy of Pediatrics for addressing childhood obesity, including changes to treatment recommendations and tips for parents to make sure their children get off to a healthy start in 2023.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/13/23 – 01/15/23

Guests & Topics:

- Having a car is convenient and for some it may be a necessity. **Katherine Marin, extension agent with the Department of Community Resource Development at the University of Florida**, gives us tips to avoid expensive expenses when it comes to our car.
- The Health Insurance Marketplace Open Enrollment is an opportunity for consumers who do not have health insurance and want to find a quality, low-cost health plan on HealthCare.gov. **Brenda Delgado, External Relations Liaison for the Centers for Medicare & Medicaid Services** tells us what we can do to get an affordable plan.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/06/23 – 01/08/23

Guests & Topics:

- **Dr. Comilla Sasson Practicing Emergency Medicine Physician in Denver and Vice President for Science & Innovation for Emergency Cardiovascular Care at the American Heart Association** – Dr. Sasson discusses the cardiac event involving Buffalo Bills Safety Damar Hamlin, including steps everyone can take in an emergency situation like that to help save a life, and warning signs and symptoms associated with cardiac arrest, heart attacks, and strokes.

Estamos Contigo: Public Affairs Special

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 01/06/23 – 01/08/23

Guests & Topics:

- Since the start of the pandemic, things in terms of our health have changed. Now we have several vaccines and at the same time several variants. **Dr. Gonzalo Bearman** joins us with more details on the state of the pandemic, boosters and vaccines for children.
- On the other hand, according to a new study led by the University of Miami Miller School of Medicine and collaborating institutions, bariatric surgery has been shown to be an effective option for adolescents struggling with obesity and other associated health complications. To tell us more about the study **Dr. Nestor de la Cruz-Muñoz** joins us.

iHeartRadio Communities: Public Affairs Special

30min show for all English stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/30/22 – 01/01/23

Guests & Topics:

- **Jim Lorraine President & CEO of America's Warrior Partnership** – Jim Lorraine joins the show to discuss some of the top issues facing veterans across the country, along with the work AWP is doing to assist those veterans.
- **Dr. David Rudd Director of the Rudd Institute for Veteran & Military Suicide Prevention** – Dr. Rudd checks in to discuss mental health around the holidays, the prevalence of suicide among veterans, and strategies to address the country's suicide epidemic.
- **Tatum Hunter Technology Writer for the Washington Post** – Tatum Hunter breaks down some bad habit breaking and sobriety apps for those looking to make changes in the new year, data privacy dos and don'ts, and new scams to be aware of.

Estamos Contigo: Public Affairs Special

THIS IS A RE-PLAY OF THE 03/04-03/06 BROADCAST

30min show for all Spanish stations to run in place of current show or in addition to.

Designed to focus on the biggest issues impacting you this week.

To air: Weekend of 12/30/22 – 01/01/23

Guests & Topics:

- We are talking with **Dr. Adriana Cadilla** who shares more information about COVID vaccines and if they can affect pregnant women and those who are breastfeeding. We also speak to **Dr. Hector Colon-Rivera, President of the APA Caucus of Hispanic Psychiatrists**. He will give us more information on how inflation is affecting our decisions about how we eat.