KEMO-TV CHANNEL 32 – FREMONT, CA Q3 2023 ISSUES AND PROGRAMS LIST

LOCAL ISSUES ADDRESSED DURING THE QUARTER

The following are local issues of concern to the community <u>"PROBLEMAS Y SOLUCIONES</u> a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation's immigrations laws & regulations. 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
Problemas y Soluciones San Jose	07/03/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	07/04/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre

		Ends: 06:58am		
		Duration:58min		
		Starts: 11:00pm		
		Ends: 11:58pm		
		Duration:58min		This program main nurnose is to guide spiritually the
				This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
Problemas y		Repeat		people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using
		Starts: 03:00am		their faith.
		Ends: 03:58am	Spiritual Guidance	On today show:
Soluciones	07/05/2023	Duration:58min	Guidance	-TST Witchcraft
San Jose				-TST Depression
		Starts: 06:00am		-TST Suicide
		Ends: 06:58am		-TST Holy Spirit
		Duration:58min		Host: Pastor Andre
		Starts: 11:00pm		
		Ends: 11:58pm		
		Duration:58min		This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
				people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using
		Repeat		their faith.
Droblomasy		Starts: 03:00am	Control	On today show:
Problemas y Soluciones	07/06/2023	Ends: 03:58am	Spiritual Guidance	-TST Witchcraft
San Jose		Duration:58min		-TST Depression
				-TST Suicide
		Starts: 06:00am		-TST 7 prayers
		Ends: 06:58am		Host: Pastor Andre
		Duration:58min		

Problemas y Soluciones San Jose	07/07/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	07/10/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones	07/11/2023	Starts: 11:00pm	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

San Jose		Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	07/12/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	07/13/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST 7 prayers
		Duration:58min		Host: Pastor Andre
		Starts: 06:00am		
		Ends: 06:58am		
		Duration:58min		
		Starts: 11:00pm		
		Ends: 11:58pm		
		Duration:58min		This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
				people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using
		Repeat		their faith.
Problemas y	07/14/2023	Starts: 03:00am	Catataval	On today show:
Soluciones	, , ,	Ends: 03:58am	Spiritual Guidance	-TST Witchcraft
San Jose		Duration:58min		-TST Depression
				-TST Suicide
		Starts: 06:00am		-TST 7 prayers
		Ends: 06:58am		Host: Pastor Andre
		Duration:58min		
				This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
		Starts: 11:00pm		people that have defeated witchcraft, won the battle
		Ends: 11:58pm		against depression and search for the Holy Spirit using their faith.
Problemas y	07/17/2023	Duration:58min	Spiritual	On today show:
Soluciones	32 , =2 , =3=3		Guidance	-TST Witchcraft
San Jose		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit
				, .

		Duration:58min		Host: Pastor Andre
		Starts: 06:00am Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	07/18/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	07/19/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre

		Ends: 06:58am		
		Duration:58min		
Problemas y Soluciones San Jose	07/20/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	07/21/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre

Problemas y Soluciones San Jose	07/24/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	07/25/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones	07//26/2023	Starts: 11:00pm	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

San Jose		Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	07/27/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	07/28/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST 7 prayers
		Duration:58min		Host: Pastor Andre
		Starts: 06:00am		
		Ends: 06:58am		
		Duration:58min		
		Starts: 11:00pm		
		Ends: 11:58pm		This program main purpose is to guide spiritually the
	07/31/2023	Duration:58min		viewers at home. The show contains testimonies about
				people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using
		Repeat	Spiritual Guidance	their faith.
Problemas y		Starts: 03:00am		On today show:
Soluciones		Ends: 03:58am		-TST Witchcraft
San Jose		Duration:58min		-TST Depression
				-TST Suicide
		Starts: 06:00am		-TST 7 prayers
		Ends: 06:58am		Host: Pastor Andre
		Duration:58min		
				This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
		Starts: 11:00pm		people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using
		Ends: 11:58pm		their faith.
Problemas y		Duration:58min	Spiritual	On today show:
Soluciones	08/01/2023		Guidance	-TST Witchcraft
San Jose		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit

		Duration:58min		Host: Pastor Andre
		Starts: 06:00am Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	08/02/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/03/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre

		Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	08/04/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	08/07/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre

Problemas y Soluciones San Jose	08/08/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/09/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
	08/10/2023	Starts: 11:00pm	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

Problemas y Soluciones San Jose		Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	08/11/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre
Problemas y Soluciones San Jose	08/14/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit
		Duration:58min		Host: Pastor Andre
		Starts: 06:00am		
		Ends: 06:58am		
		Duration:58min		
		Starts: 11:00pm		
		Ends: 11:58pm		This program main purpose is to guide spiritually the
	08/15/2023	Duration:58min		viewers at home. The show contains testimonies about
		Repeat		people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using
		Starts: 03:00am		their faith.
Problemas y		Ends: 03:58am	Spiritual	On today show:
Soluciones	00/13/2023	Duration:58min	Guidance	-TST Witchcraft
San Jose		Daracion.somm		-TST Depression
		Starts: 06:00am		-TST Suicide
		Ends: 06:58am		-TST Holy Spirit
		Duration:58min		Host: Pastor Andre
		Daration.Somm		
				This program main purpose is to guide spiritually the
		Starts: 11:00pm		viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle
		Ends: 11:58pm		against depression and search for the Holy Spirit using
D. J.		Duration:58min	.	their faith.
Problemas y Soluciones	08/16/2023	Daradon.Johnii	Spiritual Guidance	On today show:
San Jose		Repeat		-TST Witchcraft
		Starts: 03:00am		-TST Depression
		Ends: 03:58am		-TST Suicide
				-TST Holy Spirit

		Duration:58min		Host: Pastor Andre
		Starts: 06:00am Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	08/17/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/18/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST 7 prayers Host: Pastor Andre

		Ends: 06:58am		
		Duration:58min		
Problemas y Soluciones San Jose	08/21/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/22/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre

Problemas y Soluciones San Jose	08/23/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/24/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
	08/25/2023	Starts: 11:00pm	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

Problemas y Soluciones San Jose		Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/28/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Andre
Problemas y Soluciones San Jose	08/29/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit
		Duration:58min		Host: Pastor Andre
		Starts: 06:00am		
		Ends: 06:58am		
		Duration:58min		
		Starts: 11:00pm		
		Ends: 11:58pm		
	08/30/2023	Duration:58min		This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
				people that have defeated witchcraft, won the battle
		Repeat		against depression and search for the Holy Spirit using their faith.
		Starts: 03:00am	Spiritual Guidance	On today show:
Problemas y Soluciones		Ends: 03:58am		-TST Witchcraft
San Jose		Duration:58min		-TST Depression
34113030				-TST Suicide
		Starts: 06:00am		-TST Holy Spirit
		Ends: 06:58am		Host: Pastor Andre
		Duration:58min		
				This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
		Starts: 11:00pm		people that have defeated witchcraft, won the battle
		Ends: 11:58pm		against depression and search for the Holy Spirit using their faith.
Problemas y	00/21/2022	Duration:58min	Spiritual	On today show:
Soluciones	08/31/2023		Guidance	-TST Witchcraft
San Jose		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit

		Duration:58min		Host: Pastor Andre
		Starts: 06:00am Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	09/01/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Murillo
Problemas y Soluciones San Jose	09/04/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Murillo

		Ends: 06:58am		
		Duration:58min		
Problemas y Soluciones San Jose	09/05/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
Problemas y Soluciones San Jose	09/06/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo

Problemas y Soluciones San Jose	09/07/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
Problemas y Soluciones San Jose	09/08/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Murillo
	09/11/2023	Starts: 11:00pm	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

Problemas y Soluciones San Jose		Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Murillo
Problemas y Soluciones San Jose	09/12/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
Problemas y Soluciones San Jose	09/13/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit
		Duration:58min		Host: Pastor Murillo
		Starts: 06:00am Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	09/14/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
Problemas y Soluciones San Jose	09/15/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure

		Duration:58min		Host: Pastor Murillo
		Starts: 06:00am Ends: 06:58am Duration:58min		
Problemas y Soluciones San Jose	09/18/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Murillo
Problemas y Soluciones San Jose	09/19/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo

		Ends: 06:58am		
		Duration:58min		
		Starts: 11:00pm		
		Ends: 11:58pm		
		Duration:58min		This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
		Repeat		people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith.
		Starts: 03:00am		On today show:
Problemas y Soluciones	00/00/0000	Ends: 03:58am	Spiritual Guidance	-TST Witchcraft
San Jose	09/20/2023	Duration:58min	Guidance	-TST Depression
San Jose				-TST Suicide
		Starts: 06:00am		-TST Holy Spirit
		Ends: 06:58am		Host: Pastor Murillo
		Duration:58min		Tiost. I astol Mullillo
		Starts: 11:00pm		
		Ends: 11:58pm		
		Duration:58min		This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about
				people that have defeated witchcraft, won the battle
		Repeat		against depression and search for the Holy Spirit using their faith.
		Starts: 03:00am		On today show:
Problemas y Soluciones	00/21/2022	Ends: 03:58am	Spiritual Guidance	-TST Witchcraft
San Jose	09/21/2023	Duration:58min		-TST Depression
		Durution.Somil		-TST Suicide
		Starts: 06:00am		-TST Holy Spirit
				Host: Pastor Murillo
		Ends: 06:58am		
		Duration:58min		

Problemas y Soluciones San Jose	09/22/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide Host: Pastor Murillo
Problemas y Soluciones San Jose	09/25/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
	09/26/2023	Starts: 11:00pm	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle

Problemas y Soluciones San Jose		Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min		against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
Problemas y Soluciones San Jose	09/27/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST Holy Spirit Host: Pastor Murillo
Problemas y Soluciones San Jose	09/28/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft

		Repeat		-TST Depression
		Starts: 03:00am		-TST Suicide
		Ends: 03:58am		-TST Holy Spirit
		Duration:58min		Host: Pastor Murillo
		Starts: 06:00am		
		Ends: 06:58am		
		Duration:58min		
Problemas y Soluciones San Jose	09/29/2023	Starts: 11:00pm Ends: 11:58pm Duration:58min Repeat Starts: 03:00am Ends: 03:58am Duration:58min Starts: 06:00am Ends: 06:58am Duration:58min	Spiritual Guidance	This program main purpose is to guide spiritually the viewers at home. The show contains testimonies about people that have defeated witchcraft, won the battle against depression and search for the Holy Spirit using their faith. On today show: -TST Witchcraft -TST Depression -TST Suicide -TST of Cure Host: Pastor Murillo

The following are local issues of concern to the community <u>"ROMPIENDO EL SILENCIO"</u> a 60-minute Daily program addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation's immigrations laws & regulations. 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	07/03/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO FIND YOUR LIFE INSPIRATION	In a world full of daily challenges and demands, we often need something to drive us, to fill us with energy and motivate us to reach our goals. that something is inspiration, a powerful force that can significantly transform our lives. Guests: -Angeles Sanchez Life Coach -Yeny Hércules Integrative Mental Health Ttherapist ZOOM Jessica Medina Psycho-Corporal Therapist
Rompiendo el Silencio	07/04/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	INDEPENDENT WOMEN	In today's world is important to be independent in every sense of the word. Many women leave their dreams behind to become wives and mothers. Today we discuss the possibilities of becoming independent and the steps we can take to achieve out gold Guests: Mayra Alvarez Human Developing Specialist Jackeline Cacho Producer/Journalist/ Writer

				Jackeline Vrba President and Founder of FRIDARS
Rompiendo el Silencio	07/05/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	OVERWEIGHT, THE BURDEN THAT AFECTS YOUR HEALTH	Obesity is a silent killer in the United States. Our experts gave us the most up to date information in order to lose those extra pounds the best and easiest possible way Guests: -Lonera Ruan Integral Nutrition Advisor -Viviana Rodriguez Trainer Zoom Francis de Freitas Nutritionist
Rompiendo el Silencio	07/06/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	THE INVISIBLE LINK; THE IMPORTANCE OF COMMUNICATION	The importance of communication in human relations is fundamental and can have a profound impact in our lives. Effective communication allows us to establish stronger connections, understand each other, and solve problems constructively. Guests: -Joha Rivera Remodeling Mentalities and creating conscious habits Paola Rezo Expert in effective communication

				-Elvia Allred
				Self Confidence and Couples Relations Coach
Rompiendo el Silencio	07/07/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	FROM ZERO TO ENTREPENOUR	multi-faceted women are true leaders in today's society. With the ability to perform multiple roles simultaneously, these women stand out as mothers, housewives, workers and entrepreneurs. they are experts at balancing their family, work and personal responsibilities, and face daily challenges with courage and determination Guest -Paulina Thomas Director of Marketing Relator -Rachel Medina Executive Director of RM101 Media Group
				Overcoming fears and the willingness to act despite fear are fundamental aspects on the path towards personal growth and the achievement of our goals.
Rompiendo el Silencio	07/10/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	THE COURAGE OF RISKS: DOING THINGS IN SPITE OF FEAR	Guests Dr. Patricia Arcache Family Therapist Elisa Guzman
				Family Therapist
			DO YOU LIKE	complexes are those negative thoughts and feelings that can affect our perception about ourselves, influencing our self-esteem and emotional wellbeing. How can we see ourselves through a kinder mirror?
Rompiendo el Silencio	07/11/2023	Stars: 4:00pm Ends: 4:58pm	YOURSELF OR DO YOU HAVE COMPLEXES?	Guests:
		Duration:58min		-Itzel Molina Family Psychotherapist

				-Laura Aguilar
				Psychologist
				Zoom
				Sanaa Vanessa Saab
				Life Coach
				In the world of organization and psychology, there is an intriguing and complex phenomenon that affects many people: compulsive hoarding. in our today's program, we will go into this disorder that goes beyond the simple accumulation of objects.
				Guests:
				Isabel Medher
		Stars: 4:00pm		Clinical Psychologist
Rompiendo el Silencio	07/12/2023	Ends: 4:58pm	HOARDERS .	
		Duration:58min		-Gladys Menendez
				Live Coach
				70014
				ZOOM Jeannette Escudero
				Space Organization Consultant
				We explore the benefits of gentle parenting. Is it
				effective? How does it work? What is it all about? Many moms are adopting this new way of parenting and it seems to be working.
				Guests:
				-Julia Aguilar Pedagogue
Rompiendo		Stars: 4:00pm	GENTLE PARENTING	-Marcela Arrieta
el Silencio	07/13/2023	Ends: 4:58pm	JETTICE PRICE PRINCE	Emotional Healing Specialist Zoom
		Duration:58min		Anabel Hernandez Child Psychologist
				2-110-1-07-010-1-08-10-1
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Rompiendo el Silencio Rompiendo el Silencio	07/14/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	PMS	3 out of 4 women suffer from premenstrual syndrome, some to the extreme of not being able to go to work and do every day activities. Guests -Nataly Cifuentes OBGYN -Giselle Hernandez Nutritionist
Rompiendo el Silencio	07/17/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	WHAT TO DO WITH KIDS DURING SUMMER	During summer, there is a wide range of options to keep your kids entertained and engaged. from exciting family getaways to creative activities at home, the summer provides countless opportunities for fun and learning. guests: Nancy Tabares health and Nutrition coach Azalia correa Summer camp lata Academy zoom Yurina Melaria press secretary
Rompiendo el Silencio	07/18/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	NARCISIST	Narcissistic personality disorder is characterized by inflated self-esteem and an exaggerated sense of personal importance. narcissists tend to constantly seek validation and admiration from others, and may have difficulty recognizing or valuing the needs and feelings of others. guests:

				-Blanca Ochoa Motivation Ttherapist -jacquline cacho journalist/producer/writer
Rompiendo el Silencio	07/19/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	NERVOUS TICS & MANIAS	Manias and tics are repetitive, obsessive behaviors that some people develop as a way of relieving anxiety or stress. these actions are usually irrational and can range from constantly checking something to repeatedly washing their hands. manias can affect the daily lives of those who suffer from them and, in some cases, are associated with mental disorders such as obsessive-compulsive disorder (ocd). Guests: - Joha Rivera Reshaping Mentalities & Creating Conscious Habits -Emily Chavez Neuropsychopedagogue/Master in Neurolinguistic Programming -Dr. Gisela Acevedo Neurologist
Rompiendo el Silencio	07/20/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	THE POWER OF FEMALE HEADS OF HOUSEHOLDS	women heads of households, also known as single mothers, play a vital role in modern society. taking responsibility for both childcare and financial support, these women face unique challenges and show exceptional strength and resilience. their dedication and courage inspire and demonstrate that gender should not be a barrier to achieving a full and successful life.

				-Rosa Milano Immigration Consultant -Angelica Arias Gerontoligist- Health and Wellness Coach ZOOM -Dr. Maria Mendez Clinical Psychologist
				The problem of child abuse is an alarming issue that affects millions of children around the world. it refers to any form of physical, emotional or sexual abuse, as well as neglect that undermines the well-being and safety of the very young. this tragic reality can have lasting effects on the physical, emotional and psychological development of children, profoundly affecting their quality of life.
Rompiendo el Silencio	07/21/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW CAN CHILD ABUSE BE PREVENTED?	Guests: Dr. Patricia Arcache Family Therapist Zoom Franally Archicoque Clinical Psychologist
				Dr.Ariana Huerta Pediatrician

Rompiendo el Silencio	07/24/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW DO YOU "CURE" JEALOUSY?	Jealousy is an intense emotion that arises when we perceive a threat to something or someone we value deeply, such as a relationship or a possession. jealousy can be normal to some extent, but if not managed properly, it can negatively affect our lives and relationships. Guests: -Aileen Nealie Psicoteraphist Yeny Hercules
				Comprehensive Mental Health Therapist
				Zoom
				Jennifer Flores
				Psychologist
Rompiendo el Silencio	07/25/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW CAN WE IMPROVE OUR EMPATHY?	Empathy is an emotional bond that connects people, it is a fundamental skill that allows us to understand and share the feelings of others. empathy is putting ourselves in the other person's shoes, experiencing their joys, sorrows and concerns as if they were our own. by cultivating empathy, we can improve our interpersonal relationships, foster mutual understanding and build a more compassionate and caring society. Guests: Laura Aguilar Psychologist Veronica Villatoro Writer and Entrepenour
				ZOOM Aydee Martinez Life Coach
			ALL OR NOTHIG DAY: HOW TO PERSUE	On all-or-nothing day, we celebrate the fearlessness and determination that drives people to pursue their dreams and goals with passion and absolute dedication. is a day dedicated to exploring the psychology behind this mindset, understanding how

Rompiendo el Silencio	07/26/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	YOUR DREAMS WITH PASION AND DETERMINATION	to overcome obstacles, maintain motivation and face the fear of failure. Guests: Paloma Zuñiga Life Coach Adriana Loera Entrepreneur Andrea Olivares Entrepreneur
				ZOOM Jessica Medina Pysho-Corporal Therapist
	07/27/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	RED AND GREEN FLAGS IN REALTIONSHIPS	In all types of relationships there are signs that can determine weather is a good idea to continue with it or if is time to say goodbye. More often than not we ignore the red flags and enhance the green ones. How to identify these red and green flags to have healthy relationships? Guests: Elisa Guzman Family Therapist Angeles Sanchez Life Coach ZOOM Mariana Bermudez REMOTE

Rompiendo el Silencio	07/28/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	MENOPAUSE	Hilda Del Toro Maria Solis Entrepenour Bonicos and Cafe It happens to every woman in the world. For some it can be easy and go unnoticed but for others it could become a horrible time with all kinds of symptoms that can make your life very difficult. Guests: Nataly Cifuentes OBGYN Danni Solorio Herbalist Expert Zoom Maria Teresa Aragon
Rompiedo el Silencio	07/31/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	IS NEVER TOO LATE TO GO AFTER YOUR DREAMS	in life, we all have dreams and aspirations that we long to achieve. often, time and circumstances can make us wonder whether it is possible to pursue those dreams in adulthood or in old age. however, the reality is that it is never too late to fulfill our deepest yearnings. Guests: -Angelica Arias Gerontologist Gladys Menendez

				Life Coach
Rompiendo el Silencio	08/01/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO APPLY EMOTIONAL INTELLIGENCE IN DAILY LIFE?	Zoom Daniela Naranjo Therapist emotional intelligence is a key skill to navigate life effectively. applying it implies recognizing and understanding our own emotions, as well as those of others. by developing this capacity, we can improve our interpersonal relationships, manage stress and make more informed and balanced decisions in challenging situations. Sergia Quiroz Amy Muratalla Family Counselor ZOOM Sanaa Vanessa Saab Live Coach and woman's self steem
Rompiendo el Silencio	08/02/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	TDHD	Attention deficit hyperactivity disorder, known as adhd, is a neurobiological condition that affects a person's ability to sustain attention, control impulses, and regulate physical activity. Guests: -Julia Aguilar Pedagogue

				-Dr. Patricia Arcache
				Family Therapist
				ZOOM
				Emily Chávez
				Family Therapist
				Today, the landscape of relationships and love life has evolved considerably. single women after 40 are redefining what it means to be at this stage of life. with a blend of independence, past experiences, and new purposes, these women face unique challenges and discover exciting opportunities as they explore love, self-discovery, and personal fulfillment.
				Guests:
				-Yamila Zevallos
				Personal Trainer
				Coach in high performance
		Stars: 4:00pm		
Rompiendo		Ends: 4:58pm		Blanca Ochoa
el Silencio	08/03/2023	Duration:58min	SINGLE WOMEN AFTER 40	Motivational Therapist
				ZOOM
				Patty Gomez
				Coach and Therapist
				Cris Rodrigruez
				Single and Happy

Rompiendo el Silencio	08/07/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	IMPORTANCE OF PHYSICAL AND EMOTIONAL CARE OF WOMEN	The physical and emotional care of women is essential for her integral well-being. by addressing both physical and mental health, women can cultivate a better quality of life, increase their selfesteem, and strengthen their ability to face daily challenges. the balance between regular exercise, an adequate diet and attention to emotional needs contributes to a fuller and more active life. Guest -Joha Rivera Remodeling mentality and creating conscious habits
Rompiendo el Silencio	08/04/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW DOES THE CHANGE OF MENTALITY OPEN DOORS IN THE FULFILLMENT OF OBJECTIVES?	In the world of personal finance, mindset shift is emerging as a powerful catalyst for more informed and responsible financial decisions. breaking with old beliefs and habits, this mental transformation opens the doors to effective financial planning, savings, investment and entrepreneurship. Guests: -Bessy Ateaga President of MACH (active women in Hispanic commerce) - Nancy Rodriguez Entrepreneur Leidy Garcia Entrepreneur ZOOM Silvia Ramirez Psichologist

				-Paloma Zúñiga
				Live Coach
				Andrea Oliverse
				Andrea Olivares
				Facial Yoga Expert
				Disposable relationships are a phenomenon that reflects a decrease in long-term commitment in loving relationships. this change may be influenced by factors such as current culture and technology, which may lead to a higher turnover of partners and less tolerance towards challenges in a relationship.
				Guests
				Marcela Arrieta
Rompiendo el Silencio	08/09/2023	Stars: 4:00pm Ends: 4:58pm	DISPOSABLE RELATIONSHIPS	Specialist in emotional healing
		Duration:58min		-lzabel Medher
				Clinical Phycologist
				Martha Díaz
				Tanat ologist – Therapist
		Character 4.00	READY TO GO BACK TO SCHOOL	Back to school is an exciting yet challenging period for kids and parents alike. after the holidays, it is essential to help children make a successful transition to the school environment. in our tv show we will explore effective strategies to prepare children emotionally, mentally and practically, ensure they are ready to face the classroom with confidence
Rompiendo		Stars: 4:00pm	<u> </u>	and enthusiasm.
el Silencio	08/10/2023	Ends: 4:58pm		
		Duration:58min		Guests:
				-Valentina Ortiz
	1	i		

Rompiendo el Silencio	08/14/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	DISCIPLINE AS A HABIT TO ACHIEVE SUCCESS	Guadalupe (Lupita) Guadalupe Mercado (Mom) Being a disciplined woman has a series of fundamental benefits in personal and professional life. discipline provides the necessary structure to achieve concrete goals and maintain a balance in all areas. Guests: -Rosy Rios Personal Care Expert
Rompiendo el Silencio	08/11/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	REBUIDING FAMILY TIES	Writer -Cecilia Caballero Writer Latino families that have been separated for a long time and have not been able to reunite are able to see each other after years, thanks to an especial program. Guests: Mónica Chávez Secretary of Club Cuquio San Felipe -Family Unified Leticia Pérez Mercado Érica Yadira
				Psychologist -Teresa Verdugo Teacher -Sandra González

				-Silvia Santiago
				Public Image Advisor
				-Mimy Castillo
				Personal Trainer
				r craonar rrainer
				Skin care is an essential practice at every stage of life.
				As we age, our skin needs change dramatically.
				Guests:
Rompiendo				Dr. Luciana Yacomotti - MD
el Silencio		Stars: 4:00pm	HOW TO TAKE CARE	CC Skin Madena Madical director
	08/15/2023	Ends: 4:58pm	HOW TO TAKE CARE OF OUR SKIN	GC Skin Medspa Medical director
			ACCORDING TO AGE?	
		Duration:58min		Mayra Muñoz
				Entrepreneur and Influencer
				Faile Assure
				Erika Aceves
				Skin Specialist
				In an ever-evolving world, food choices have taken
				on new meaning. Veganism and vegetarianism, more than just dietary choices, have become
				manifestations of environmental awareness, health,
				and ethics.
				Guests:
Rompiendo		Stars: 4:00pm	VEGAN OR	Lorena Ruán
el Silencio	08/16/2023	Ends: 4:58pm	VEGETARIAN	Integrative Nutrition Consultant
		Duration:58min		
		Baration.somm		Laura González
				nutritionist
				ZOOM
				Fernanda Meizoso
				Clinical nutritionist
				Chilledi HatirtiOniSt

				While discrimination presents differential treatment which is intended to impair the enjoyment or exercise of a person's rights, bullying is a type of violence that is characterized by intentional behaviors of harassment, lack of respect, and verbal or physical mistreatment that receives a person repeatedly by one or several persons, with the purpose of intimidating or exclude him, attempting his dignity. Guests:
Rompiendo el Silencio	08/17/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO DEAL WITH BULLYING OR DISCRIMINATION?	Dra. Patricia Arcache Family Therapist
				Julia Aguilar Pedagogue
				Rebeca Cruz
				One of the best ways to make yourself happy in the
				present is to remember happy moments from the past. photos are an excellent memory boost, and because we tend to take photos of happy occasions, they weight our memories for the good.
				Guests:
				Dr. Patricia Arcache
Rompiendo el Silencio	08/18/2023	Stars: 4:00pm Ends: 4:58pm	PHOTOGRAPHY	Family therapist
	00, 10, 2023	Duration:58min		Julia Aguilar
				Pedagogue
Rompiendo el Silencio	08/21/2023	Stars: 4:00pm Ends: 4:58pm	DOES THE WAY WE DRESS REFLECT OUR PERSONALITY?	The relationship between our way of dressing and our personality has been a fascinating subject. clothing not only protects us from the environment, but it can also serve as a means of expression and communication. From colors and styles to

		Duration:58min		accessories and specific garments, every choice seems to tell a unique story.
				Guests:
				Silvia Santiago
				Public image advisor
				Karon Sanders
				Image consultant
Rompiendo el Silencio	08/22/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	WHAT KIND OF CHILDREN ARE WE RAISING?	We do not have to go far to find out what is coming upon us if the production of spoiler young people in the world continues to grow. -The disfachateness when speaking. - The lack of respect with the adults we ask ourselves: is there a lack of discipline? Guests: Laura Aguilar Psychologist ZOOM Emily chavez neuropsychopedagogue Siria Guerrero Psychotherapist Specialist in children and adolescents
Rompiendo el Silencio	08/23/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	I DID, I SAID AND I REGRET	Most actions for which people feel some types of regret are those for which they feel responsible, and the more they think about them, the more they generate feelings of rage, guilt and shame.

				Guests:
				Jackeline Cacho
				Journalist – Producer – Writer
				Specialist in positive psychology and emotional intelligence
				Ğ
				ZOOM
				Solimar Vargas
				Psychologist
				Jessica Medina
				Psychobody Therapist
				A trauma is a psychic injury as a consequence of a
				negative event or set of events, which affect
				dramatically causing pain and emotional anguish.
				Guests:
				Gladys Menendez
Rompiendo				Life Coach
el Silencio		Stars: 4:00pm	HOW TO LEARN TO	
	08/24/2023	Ends: 4:58pm	OVERCOME	paloma Zuñiga
		Duration:58min	TRAUMAS?	Life coach
				ZOOM
				Mariana Morales
				Psychiatrist
				Aging is a natural part of life, and dealing with it in a
				healthy way has become a fundamental issue today. as we advance in age, maintaining an optimal quality
				of life becomes essential.
Rompiendo		Stars: 4:00pm	HOW TO GET OLD AND FEEL USEFUL?	
el Silencio	08/25/2023	Ends: 4:58pm	LEEF OSELOF	Guests:
	22, 20, 2020	Duration:58min		Pilar Looney
				, Fundación Círculo Tercera Juventud
				. andasion energy referring aventual

				Alma Bautista Therapist and facilitator in functional nutrition
				Angelica Arias Gerontologist – health and wellbeing coach
				ZOOM Dra. Gloria Monsalve Family medicine
				On all-or-nothing day, we celebrate the fearlessness and determination that drives people to pursue their dreams and goals with passion and absolute dedication. is a day dedicated to exploring the psychology behind this mindset, understanding how to overcome obstacles, maintain motivation and face the fear of failure. Guests:
				Rachel Medina Business woman Founder and CEO of RM 101 Media Group
Rompiendo el Silencio	08/28/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	SCARED OF SPEAKING IN PUBLIC?	Laura M. Gonzalez Rainbow Artistic Workshop
				Dra. Patricia Arcache Family Therapist
				ZOOM Paola Vivas Communication mentor
Rompiendo el Silencio	08/29/2023	Stars: 4:00pm		

		Ends: 4:58pm	THE POWER TO	What is that change you need to make to find that
		Enus. 4.56pm	RELEASE AND FORGIVE	peace and harmony that many times seem far away?
		Duration:58min	RELEASE AND FORGIVE	peace and narmony that many times seem far away:
				Most people tend to cling to situations, people or
				material things that prevent them from living in
				constant growth and well-being
				, and the second
				Guests:
				- I . I . I . I
				Elizabeth Meder
				Clinical psychologist
				Martha Diaz
				Tanatologist - therapist
				ranacologist therapist
				ZOOM
				Carolina Uribe
				Psychologist
				Many times, we do not feel happy because we do not
				know how to value the blessings we have, if we learn
				to value the good of each day, the positive part of
				the people who surround you, the blessing of having
				people who love you, a job then you will see how
				happy you are!
				Guests:
				Guests.
1		Stars: 4:00pm		Yeny Hercules
Rompiendo		3turs. 4.00pm	WE ARE HAPPY AND	Integral Mental health therapist
el Silencio	08/30/2023	Ends: 4:58pm	WE DON'T KNOW IT?	
		Duration:58min	WE DOWN RIVOW IT.	
		Daration.30mm		Valentine Ortiz
				Davida da sist
				Psychologist
				ZOOM
				200IVI
				Sirian Guerrero
				Psychotherapist
				,
[<u> </u>	<u> </u>		

Rompiedo el Silencio	08/31/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	FINANCIAL INFIDELITY	It is not a surprise to anyone that cheating within a couple can mean the definitive breakup of any couple. but there is less talk about another type of disloyalty, which can also end up ruining a link: not being sincere about money. we will tell you what financial infidelities are, their causes and some tips to avoid them. Guests: Natalie Torres-Haddad Finance expert Jessica Amerilla Investor ZOOM Vira Egli
Rompiendo el Silencio	09/01/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	GOOD ATTITUDE IN THE FACE OF ADVERSITIES	Finance Expert EVERY HUMAN BEING HAS HAD EXPERIENCES OR LIVED SITUATIONS THAT HAVE BROUGHT THE BEST OR THE WORST IN THEM, THEY HAVE BEEN PUT TO THE TEST AND EACH ONE HAS EXPERIENCED IT IN DIFFERENT WAYS, SOME HAVE COPED WITH IT WITH A GOOD ATTITUDE AND OTHERS WITH A MORE ATTITUDE. NEGATIVE. Guests: Marcela Arrieta Specialist in emotional healing Rachel Miranda Cancer survivor Glenda Ramirez zumba instructor

				ZOOM
				Silvia Ramirez
				Psychologist
				1 Sychologist
				This term, also known as "breadcrumbing", refers to the strategies that a person employs in order to feed an illusion of love to obtain specific things.
				Guests:
				Mayra Alvarez
				Human development specialist
Rompiendo		Stars: 4:00pm		Melissa Carcano
el Silencio	09/04/2023	Ends: 4:58pm	CRUMBS OF LOVE	Human development specialist
		Duration:58min		' '
				ZOOM
				Yali Blanco
				Psychologist
				Marisol Cazarez
				Neuro-linguistic programming coach
Rompiendo el Silencio	09/05/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	EVALUATE BEFORE LOSING	IN OUR DAILY LIFE, WE MANY TIMES FOCUS ON WHAT WE DON'T HAVE AND WE FORGET TO VALUE WHAT WE DO HAVE. THIS CAN LEAD US TO LOSE VALUABLE THINGS WITHOUT EVEN REALIZING IT. LEARNING TO VALUE WHAT WE HAVE NOT ONLY ALLOWS US TO ENJOY LIFE MORE, BUT ALSO ATTRACT MORE POSITIVE THINGS INTO OUR LIFE
				ELISA GUZMAN
				FAMILY THERAPIST
				GLADYS MENENDEZ

				LIFE COACH
				MARGARITA CALDERON MOTIVATOR / WRITER
				THE DUTY OF EVERY PARENT IS TO RAISE THEIR CHILDREN UNTIL THE MOMENT THEY ARE ABLE TO FIND FOR THEMSELVES AND BE INDEPENDENT. IT IS A LAW OF LIFE AND, ALTHOUGH IT IS A VERY POSITIVE TIME FOR PARENTS AND CHILDREN, AND EVOLUTIONARYLY NECESSARY, IT IS NOT ALWAYS EASY TO DEAL WITH IT. THUS, ON OCCASIONS IT CAN TRIGGER EMPTY NEST SYNDROME.
				Guests: EDITH TEJEDA EMOTIONAL HEALING COACH
Rompiendo el Silencio	09/06/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	EMPTY NEST SYNDROME	SARA BOLIVAR REPORTER
				ZOOM FRANLLY ANCHICOQUE CLINICAL PSYCHOLOGIST EMILY CHAVEZ PEDAGOG – FAMILY GUIDE
				THERE ARE SO MANY THINGS WE WANT TO DO, WE
Rompiendo el Silencio	09/07/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	FREE YOURSELF FROM YOUR LIMITATIONS	WANT OUR LIFE TO MAKE A DIFFERENCE, TO BE PRODUCTIVE, HAPPY, FULL AND SATISFACTORY. BUT VERY OFTEN, AT THE SAME TIME WE HAVE ALL THESE DREAMS, WE GET FILLED WITH NEGATIVE THOUGHTS THAT PREVENT US FROM PROGRESSING, ESTABLISHING AND FULFILLING OUR GOALS.

				Guest
				ELIZABETH VARGAS
				FAMILY AND MARRIAGE ADVISOR
				TAMILI AND MARRIAGE ADVISOR
				ELISSA MASSIEL
				MENTOR IN EMOTIONAL HEALTH
				MAFE OSORIO
				PERSONAL FINANCE MENTOR
				AFTER CHILDBIRTH, THE MOTHER CAN EXPECT SOME
				PHYSICAL CHANGES AND SYMPTOMS, BUT THEY ARE
				USUALLY MILD AND TEMPORARY. SERIOUS HEALTH PROBLEMS ARE RARE. HOWEVER, A FOLLOW-UP
				PROGRAM IN OFFICE OR HOME VISITS IS USUALLY
				ARRANGED BY THE DOCTOR, HOSPITAL STAFF MEMBERS, OR A HEALTH CARE GROUP.
				Guests
				DR. NATY CIFUENTES
Domnianda		Stars: 4:00pm		GYNECOLOGIST
Rompiendo el Silencio	09/08/2023	Ends: 4:58pm	POSTPARTUM CARE	
		Duration:58min	1 OSTITATION CARL	LORENA NIETO
		Daration.38mm		ARTIST
				ZOOM
				DR. OLYNES NÚÑEZ
				PEDIATRICIAN
				GRACIELA HESS
				BREASTFEEDING EXPERT
				A BUSINESS MINDSET IS ONE IN WHICH THE PERSON TAKES ACTIONS, HAS BEHAVIORS AND ADOPT
				POSITIONS BASED ON THEIR PERSONAL OR

EXPERIENCES WE CAN LIVE. IT DOESN'T MATTER IF IT'S A COUPLE, FRIENDS OR A FAMILY MEMBER. WHENEVER OUR TRUST IS BROKEN, A WOUND OPENS THAT TAKES A LONG TIME TO HEAL AND WHICH EVEN SOMETIMES NEVER HEALS. OF COURSE, THIS WOUND IS GREATER WHEN THE ONE BETRAYING IS SOMEONE WE TRUST. Stars: 4:00pm Duration:58min Stars: 4:58pm Duration:58min INFIDELITY AND BETRAYAL SPECIALIST IN POSITIVE PSYCHOLOGY AND EMOTIONAL INTELLIGENCE ITZEL MOLINA FAMILY PSYCHOTHERAPIST ZOOM DIANA PARDO PSYCHOLOGIST	Rompiendo el Silencio	09/11/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO START AND SCALE YOUR OWN BUSINESS?	PROFESSIONAL PURPOSE, INVOLVING ALL THOSE TOOLS THAT THEY HAVE BEEN GENERATION WITH THEIR LIFE EXPERIENCES. THESE TOOLS ARE THOSE THAT WILL ALLOW US TO THE SUCCESS OF THE PROJECTS THAT WE ARE FACING. Guests: RACHEL MEDINA FOUNDER AND EXECUTIVE DIRECTOR OF RM101 MEDIA GROUP MARIA REYES GENERAL MANAGER SHE.E.O LATINA JACKIE HERNANDEZ VICE PRESIDENT SHE.E.O LATINA BETRAYAL IS ONE OF THE MOST PAINFUL
	-	09/12/2023	Ends: 4:58pm		EXPERIENCES WE CAN LIVE. IT DOESN'T MATTER IF IT'S A COUPLE, FRIENDS OR A FAMILY MEMBER. WHENEVER OUR TRUST IS BROKEN, A WOUND OPENS THAT TAKES A LONG TIME TO HEAL AND WHICH EVEN SOMETIMES NEVER HEALS. OF COURSE, THIS WOUND IS GREATER WHEN THE ONE BETRAYING IS SOMEONE WE TRUST. Guests: ACKELINE CACHO JOURNALIST — PRODUCER — WRITER SPECIALIST IN POSITIVE PSYCHOLOGY AND EMOTIONAL INTELLIGENCE ITZEL MOLINA FAMILY PSYCHOTHERAPIST ZOOM DIANA PARDO

Rompiendo el Silencio	09/14/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	FOOD MYTHS AND REALITIES	BEFORE READING A NUTRITION TABLE, TO TAKE INTO ACCOUNT THAT THE NUTRITIONAL REQUIREMENTS WILL ALWAYS DEPEND ON EACH PERSON: ON THE PHYSICAL ACTIVITY THEY PERFORM, ON THEIR AGE, ON THEIR SEX, ON THEIR NEEDS, ON THEIR PHYSIOLOGICAL STATE (PREGNANCY, BREASTFEEDING), AMONG OTHER FACTORS THAT ONLY A NUTRITION PROFESSIONAL CAN IDENTIFY.
				DR. GISELLE HERNANDEZ
				NUTRITIONIST
				MIMI CASTILLO
				PERSONAL TRAINER
				ADOLESCENCE IS THE MOMENT OF TRANSITION BETWEEN CHILDHOOD AND ADULTHOOD. «A STAGE WHERE THE TEENAGER SEEKS HIS OWN IDENTITY AND OBTAINS HIS AUTONOMY.
		Starry 4.00mm	IS ADOLESCENCE A	Guests:
Rompiendo el Silencio				IZABEL MEDHER
	09/14/2023	Stars: 4:00pm Ends: 4:58pm		CLINICAL PSYCHOLOGIST
		Duration:58min		PALOMA ZÚÑIGA
				LIFE COACH
				ZOOM
				GINA IBARRA
				COMMUNOCOLOGIST
				SEPTEMBER 15, MILLIONS OF MEXICANS WILL CELEBRATE THE CRY OF INDEPENDENCE.
Rompiendo el Silencio	09/15/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	MEXICO INDEPENDENCY	Guests: NANCY BARAJAS CLOTHING DESIGNER - FRIDARS INSTITUTE
				LION QUEEN

				NAIL TEACHER - FRIDARS INSTITUTE
				GISSEL MONTERROSAS DEPUTY DIRECTOR
				THE BENEFITS OF PHYSICAL ACTIVITY ARE INCREASING AS RESEARCH DEVELOPES. SPORTS STIMULATES AND MOTIVATES US, BUT EXERCISE, INDIVIDUALIZED AND CONTROLLED, IMPROVES HEALTH.
Daniel de		Stare: 4:00pm		Guests: KAREN CALLED
Rompiendo el Silencio	09/18/2023	Stars: 4:00pm Ends: 4:58pm	BENEFITS OF SPORTS FOR WOMEN	PROFESSIONAL FOOTBALL REFEREE
	03/10/2023	Duration:58min		HELENA ORTS
				BASKETBALLIST
				LUCIANA DI LUNA
				TENNIS PLAYER
				PARENTS' EXPECTATIONS HAVE AN IMPORTANT INFLUENCE ON THEIR REACTIONS TO THE NEWS OF THEIR CHILD'S DISABILITY.
				Guests:
				ELIZABETH GOMEZ
Rompiendo		Stars: 4:00pm	FAMILY AND	DIRECTOR INTEGRATED COMMUNITY COLLABORATIVE
el Silencio	09/19/2023	Ends: 4:58pm	DISABILITY: WHAT IS THE ROLE OF THE FAMILY?	MARLENI PINEDA
		Duration:58min		INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR
				JOSEFINA ROMO
				INTEGRATED COMMUNITY COLLABORATIVE FACILITATOR

				DIANA GUTIERREZ
				CEO DG THERAPY GROUP
Rompiendo el Silencio	09/20/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	DID I MARRY THE RIGHT PERSON?	IT IS VERY DIFFICULT, NOT TO SAY IMPOSSIBLE, TO FIND THE 'IDEAL COUPLE'. WE ARE SICK OF REPEATING TO OURSELVES THAT 'NO ONE IS PERFECT' AND BEING AWARE THAT, IN THE END, WE ALL HAVE TO SUPPORT EACH OTHER - WHICH IS NOT EASY. Guests: LAURA AGUILAR PSYCHOTHERAPIST LUPITA PADILLA COACH AND FACILITATOR OF HUMAN DEVELOPMENT PROCESSES PRISCILA LAFARGA ACTRESS
				ZOOM JENNIFER FLOREZ PSYCHOLOGIST
Rompiendo el Silencio	09/21/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	PREVENTION OF ALZHEIMER	ALZHEIMER'S DISEASE IS A BRAIN DISORDER THAT WORSE OVER TIME. IT IS CHARACTERIZED BY CHANGES IN THE BRAIN THAT LEAD TO DEPOSITS OF CERTAIN PROTEINS. ALZHEIMER'S DISEASE CAUSES THE BRAIN TO SHRINK AND THE BRAIN NEURONS ULTIMATELY DIE. Guests: DR. PATRICIA ARCACHE FAMILY THERAPIST

				MEMBER OF ALZHEIMER'S RESEARCH & PREVENTION FOUNDATION BAPTIST SOUL THERAPIST - FACILITATOR IN FUNCTIONAL NUTRITION AND INTEGRAL LIVING
				ZOOM: DR. CECILIA FERNÁNDEZ NEUROLOGIST SPECIALIST IN MEMORY DISORDERS
				The immune system is the body's defense against infections and other harmful invaders. Without it, we would constantly get sick from bacteria or viruses. The immune system is made up of special cells, tissues, and organs that work together to protect you.
				Guests:
				LAURA GONZÁLEZ
				NUTRIOLOGY
Rompiendo el Silencio	09/22/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	HOW TO STRENGTHEN OUR IMMUNE SYSTEM?	SILVIA RAMÍREZ PSYCHOLOGIST
		Burucionisoniii		MIROSLAVA LOPEZ
				ZUMBA INSTRUCTOR
				KICKBOXING INSTRUCTOR, BOOT CAMP AND PERSONAL TRAINER
				ZOOM
				ANDREINA WHITE
				MAGISTER IN METABOLISM AND IMMUNOLOGY
				CO FOUNDER AND DIRECTOR OF NUTRIWHITE
Rompiendo el Silencio	09/25/2023	Stars: 4:00pm	HOW TO FIND MOTIVATION?	WHAT IS THE IMPORTANCE OF PERSONAL MOTIVATION? MOTIVATION IN PSYCHOLOGY IS ONE OF THE FUNDAMENTAL SKILLS TO ENJOY A LIFE FULL OF HAPPINESS.

		Ends: 4:58pm Duration:58min	CHANGE YOUR MIND CHANGE YOUR LIFE	Guests: ELISSA MASSIEL MENTOR IN EMOTIONAL HEALTH ELIZABETH PAMANES FAMILY ADVISOR ZOOM PAOLA VIVAS COMMUNICATION MENTOR
Rompiendo el Silencio	09/26/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	CODEPENDENCY	THE FACT THAT A PERSON HAS EMOTIONAL DEPENDENCIES IS A VERY HARMFUL FACTOR FOR THEMSELVES, SINCE THEIR WELL-BEING, TRANQUILITY AND HAPPINESS NO LONGER DEPEND ON THEM, BECOME DEPENDING ON ANOTHER PERSON, PLACING AN OBSTACLE WHEN EXPRESSING THEIR THINGS. FEELINGS OR DESIRES. Guests: BLANCA OCHOA MOTIVATIONAL THERAPIST MAYRA ALVAREZ HUMAN DEVELOPMENT SPECIALIST ZOOM ANAYANSI SERRA THERAPIST AND COACH
Rompiendo el Silencio	09/27/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	BAD POSTURES_BACK PAIN	GOOD POSTURE IS MORE THAN STANDING STRAIGHT TO LOOK BETTER. IT IS AN IMPORTANT PART OF YOUR LONG-TERM HEALTH. KEEPING YOUR BODY IN THE RIGHT POSITION, WHETHER YOU'RE MOVING OR STILL, CAN HELP YOU AVOID PAIN, INJURIES AND OTHER HEALTH PROBLEMS. Guests:

				DRA. GABRIELA CARLOS CHIROPRACTIC
Rompiendo el Silencio	09/28/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	SUICIDE PREVENTION	SINCE 2003, THE INTERNATIONAL ASSOCIATION FOR SUICIDE PREVENTION, IN COLLABORATION WITH THE WORLD HEALTH ORGANIZATION (WHO), HAS PROMOTED WORLD SUICIDE PREVENTION DAY ON SEPTEMBER 10. THE GOAL OF THIS DAY IS TO RAISE AWARENESS WORLDWIDE THAT SUICIDE CAN BE PREVENTED BY UP TO 90%. Guests:
Rompiendo el Silencio	09/29/2023	Stars: 4:00pm Ends: 4:58pm Duration:58min	WORLD HEART DAY	Since 2000, World Heart Day has been celebrated on the last Sunday of September with the aim of raising awareness among the population about the importance of cardiovascular diseases (CVD), as well as to promote its control. Guests:

The following are local issues of concern to the community <u>"HABLA QUE TE ESCUCHO"</u> a 60 minutes program, Monday to Friday, addressing current issues of local and community interest. Weekly topics vary, but include interviews with local community leaders, reports on topics of public health and safety, matters concerning education in the local community, and matters concerning changes to the nation's immigrations laws & regulations. 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
	<u>'</u>		JULY	2023
Habla Que Te Escucho	07/01/23	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	VIOLENCE IN VIDEOGAMES.	GUESTS ZOOM: Jordan Trevino – Gamer. ZOOM: Rosa Renteria – Sociologist. On this episode the experts discussed if video games are normalizing violence in teenagers and society.
Habla Que Te Escucho	07/02/2023	Stars: 8:00 pm Ends: 9:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.
Habla Que Te Escucho	07/04/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	RERUN.	RERUN.
Habla Que Te Escucho	07/05/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	RERUN.	RERUN.

				GUESTS
Habla	07/06/2023	Stars: 12:00 am	THE AMERICAN	ZOOM: Luis Vega – Human Rights Activist.
Que Te Escucho		Ends: 1:00 am	DREAM.	ZOOM: Chamba Sanchez – Professor/Activist.
		Duration: 60 minutes.		On this episode the experts discussed immigration issues and problems in American borders.
Habla	07/07/2023	Stars: 12:00 am	RUSSIA	GUESTS
Que Te Escucho		Ends: 1:00 am Duration: 60	VS USA.	ZOOM: Antoni Clement – Professor. ZOOM: Felix Pino – Music Composer.
		minutes.		On this episode our guests talked about the tension between Russia and the USA and whether is time for a change in Russia.
				GUESTS
Habla Que Te Escucho	07/08/2023	Stars: 12:00 am Ends: 1:00 am	THE ECONOMIC CHALLENGES THAT YOUNG ADULTS FACE.	ZOOM: Maykel Mercado – Youth Council. ZOOM: Jose Turrubiates – Economist.
		Duration: 60 minutes.		On this episode the experts talked about how young adults face debt, student loans and lack of jobs and how they can work on them.
Habla Que Te Escucho	07/09/2023	Stars: 8:00 pm Ends: 9:00 pm Duration: 60	RECAP.	WEEKLY RECAP
		minutes.		GUESTS
Habla	07/11/2023	Stars: 12:00 am	THE MEDICINAL USE OF	ZOOM: Dr. Rashid Guardia – Neuropsychologist.
Que Te Escucho		Ends: 1:00 am	MUSHROOMS.	

Habla Que Te Escucho	07/12/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	THE PRISON SYSTEM.	ZOOM: Valeria Bravo – Psychotherapist / Mushroom Therapy. On this episode the subject for discussion was the use of mushrooms to improve health. GUESTS ZOOM: Freddie Toledo – Founder Homeboy Asociation. On this episode our guest shared his experience in prison and how he manage to get back to society.
Habla Que Te Escucho	07/13/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	THE OCCULT.	GUESTS ZOOM: Veronica Gonzalez – Witchcraft expert. ZOOM: Alex Peña – Numerologist On this episode the experts talked about what is occultism and why some people are afraid of it and others use it for good.
Habla Que Te Escucho	07/14/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	TEENAGE PREGNANCIES.	GUESTS ZOOM: Israelys Nuñez – Gynecologist. ZOOM: Carla Colinas – Psychologist. On this episode the experts talked about how to talk to teenagers about sex education.
Habla Que Te Escucho	07/15/2023	Stars: 12:00 am	RERUN.	RERUN.

Habla Que Te Escucho Habla	07/16/2023	am Duration: 60 minutes. Stars: 8:00 pm Ends: 9:00 pm Duration: 60 minutes. Stars: 12:00 am Ends: 1:00 am	RECAP. IMMIGRATION.	WEEEKLY RECAP. GUESTS ZOOM: John Paul Martin – Immigration Lawyer.
Que Te Escucho		Duration: 60 minutes.		ZOOM: Cesar Montoya – Immigration Lawyer. On this episode the experts discussed the ongoing situation with immigrants at the US borders and the tragedy happening. GUESTS
Habla Que Te Escucho	07/19/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	HOLLYWOOD ACTORS STRIKE	ZOOM: Yareli Arizmendi – Actress. ZOOM: Laura Bayones – Actress. On this episode the experts discussed why the actors strike is happening and why is important for them to protect their rights.
Habla Que Te Escucho	07/20/2023	Stars: 12:00 am Ends: 1:00 am	PARENTING THROUGH DIVORCE.	GUESTS ZOOM: Maria Garcia – Psichologist. ZOOM: Gina Corredor – Family Psychologist.

		Duration: 60 minutes.		On this episode the experts talked and advised on how to explain and talk to children about divorce.
Habla Que Te Escucho	07/21/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	RERUN	RERUN.
Habla Que Te Escucho	07/22/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	RERUN.	RERUN.
Habla Que Te Escucho	07/23/2023	Stars: 8:00 pm Ends: 9:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.
Habla Que Te Escucho	07/25/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	INFIDELITY.	GUESTS ZOOM: Eugenia Flo – Sexologist. ZOOM: Laura Aguilar – Psychologist. On this episode our experts discussed on whether couples can overcome infidelity and can it be handled.
Habla Que Te Escucho	07/26/2023	Stars: 12:00 am Ends: 1:00 am	GLOBAL WARMING &	GUESTS ZOOM: Karina Gomez – Geologist. ZOOM: Ivan Torres – Meteorologist.

		Duration: 60 minutes.	EL NIÑO.	On this episode our experts discussed how global warming is a huge influence on the El Niño phenomenon.
Habla Que Te Escucho	07/27/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	HIV.	GUESTS ZOOM: Rodrigo Arce – Fouder Diverse Circle. ZOOM: Nahum Cabrera – HIV Group coordinator of LGTBI+ Spain. On this episode our experts talked about how people with HIV are challenged in society but now is becoming more socially accepted.
Habla Que Te Escucho	07/28/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	RERUN.	RERUN.
Habla Que Te Escucho	07/29/2023	Stars: 12:00 am Ends: 1:00 am Duration: 60 minutes.	THE MESSI EFFECT.	GUESTS ZOOM: Juan Carlos Garcia – Soccer Coach. ZOOM: Agustin Rincon – Soccer Fan. ZOOM: Christian Marin – Founder Elite Soccer. On this episode our experts talked about the cultural phenomenon soccer player Lionel Messi has beome and whether he deserves all the praise.
Habla Que Te Escucho	07/30/2023	Stars: 8:00 pm Ends: 9:00 pm	RECAP.	WEEKLY RECAP.

		Duration: 60 minutes.		
			AUGUST	2023
Habla Que Te Escucho	08/01/23	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	UFOs.	GUESTS ZOOM: FERNANDO J. TELLEZ – UFÓLOGO. ZOOM: ALBERTO DEL ARCO – INVESTIGADOR DEL FENÓMENO PARANORMAL. The subject for this show's episode was focused on the recent events regarding UFO sightings and government hearings by the military.
Habla Que Te Escucho	08/02/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	HUMAN TRAFFICKING.	GUESTS ZOOM: JESUS BUJDUD – ABOGADO DERECHOS. ZOOM: JUAN JOSE GUTIERREZ – ABOGADO MIGRACION/ACTIVISTA. The subject for this show's episode was on the recent immigration concerns regarding the abuse on migrants that cross the border illegally and are taken advantage of.
Habla Que Te Escucho	08/03/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	MARIGUANA SIDE EFFECTS.	GUESTS ZOOM: DR. KASEIN GONZALEZ – MEDICO GENERAL. ZOOM: MARIELA CANABAL - CO-FUNDADORA DE ROSEBUD CANNABIS. The subject for this show's episode was on the side effects that mariguana users face after using it for years.

				GUESTS
Habla Que Te Escucho	08/04/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	DEPRESSION ON CHILDREN.	ZOOM: DRA. PATRICIA ARCACHE – PSICOLOGA CLINICA. ZOOM: LAURA AGUILAR – PSICOTERAPEUTA. The subject for this show's episode was why are more children suffering from depression each year after the pandemic.
				GUESTS
Habla Que Te Escucho	08/05/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	BREAST- FEEDING IN PUBLIC.	ZOOM: ANA ROCIO CUÑA – GRUPO DE APOYO LA PALMA. ZOOM: LAURA AGUILAR – PSICOTERAPEUTA. The subject for this show's episode was focused on the tabu of whether is ok to breast feed in public or not.
Habla Que Te Escucho	08/06/2023	Starts: 8:00 pm Ends: 9:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.
	08/08/2023			GUESTS
Habla	00/00/2023	Starts: 12:00 am	PRESIDENT	ZOOM : RUTH LOPEZ – PERIODISTA.
Que Te Escucho		Ends: 1:00 am Duration: 60 minutes.	BUKELE.	ZOOM: DRA. DORIS BORRERO - ANALISTA POLICITO. The subject for this show's episode was focused on president Nayib Bukele from El Salvador and his unique politics.

				GUESTS
Habla Que Te Escucho	08/09/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	SERIAL KILLERS.	ZOOM: CALUDIA VELEZ – PSICOLOGA CLINICA / CRIMINOLOGIA. ZOOM: MOSES CASTILLO – DETECTIVE. The subject for this show's episode was on serial killers from the past and present and what the psychological profile looks like.
				GUESTS
Habla Que Te Escucho	08/10/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	IS BEING LEFT HANDED A CHALLENGE.	ZOOM: JORGE VICTORIA - PRODUCTOR MUSICAL / ZURDO. ZOOM: DR. RASCHID GUARDIA – NEUROPSICÓLOGO. The subject for this episode was about how lefthanded individuals have struggle throughout time with the world and everything that is made for righthanded people.
Habla Que Te Escucho	08/11/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	REINCARNATION.	GUESTS ZOOM: AYMEE DE LOS ANGELES — MAESTRA SANADORA Y ANGELOLOGA. ZOOM: KARLA CARBAJAL — TERAPEUTA HOLÍSTICA / PSIQUICA. On this episode the experts talked about the belief on reincarnation.
	08/13/2023			

Habla Que Te Escucho Habla Que Te Escucho	08/16/2023	Starts: 8:00 pm Ends: 9:00 pm Duration: 60 minutes. Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	EXTREME LAWSUITS.	GUESTS ZOOM: JESUS BUJDUD – ABOGADO DERECHOS. ZOOM: DANIEL BORREGO - ABOGADO / MASTER EN LITIGACIÓN. The subject for this show's episode was about how many people take advantage of situations to persute legal action for money.
Habla Que Te Escucho	08/17/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	STUDENT DEBT.	GUESTS ZOOM: MAYKEL MERCADO – CONSEJERO ESTUDIANTIL. The subject for this episode was focused on what the government is doing for it and what the next plan is for student loans.
Habla Que Te Escucho	08/18/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	TPS.	GUESTS ZOOM: JOHN PAUL MARTIN – ABOGADO MIGRACION. ZOOM: LUIS J. VEGA – ACTIVISTA. The subject for this show's episode was focused on the upcoming date lines for request of work visas for migrants from El Salvador, Nicaragua and Venezuela in the next month.

Habla Que Te Escucho Habla Que Te Escucho Habla Que Te Escucho	08/19/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes. Starts: 8:00 pm Ends: 9:00 pm Duration: 60 minutes. Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	THE CASE OF DONALD TRUMP PART 1. RECAP. WOMEN'S EMPOWERMENT.	GUESTS ZOOM: Dra. DORIS BORRERO – ANALISTA POLITICA. ZOOM: GERARDO OVIEDO – PERIODISTA. On this episode political analysts discussed the current situation surrounding the former president Donald J. Trump and the legal lawsuits against him. WEEKLY RECAP. GUESTS ZOOM: VERÓNICA GARCÍA – ACTIVISTA FEMINISTA. ZOOM: NORMA CASANOVA – SOCIÓLOGA. The subject for this show's episode was based on the hit movie Barbie and the main issue that is women's empowerment.
Habla Que Te Escucho	08/23/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	SINGLENESS.	GUESTS ZOOM: LAURA CEJA – PSICOTERAPEUTA. ZOOM: ARTE DELGADO – SOLTERO. On this episode experts talked about the psychology of people that want to remain single and why.

				GUESTS
Habla Que Te Escucho	08/24/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	MULTICULTURAL FAMILIES.	ZOOM: YALI BLANCO – PSICOLOGA COGNITIVA. ZOOM: JOSE FERNANDO & ZOE ESCALANTE – PAREJA MULTICULTURAL. On this episode we talked to couples and families that are multicultural and how they raise their children and
Habla Que Te Escucho	08/25/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	DEATHS IN POLITICS.	GUESTS ZOOM: NATALI BECERRA – RELACIONISTA PUBLICA POLITICA. ZOOM: DR. RAMIRO RIVERA – MASTER EN DERECHO PARLAMENTARIO. On this episode the experts discussed on tragic matters in politics involving deaths in Latin countries.
Habla Que Te Escucho	08/26/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	PARANORMAL ACTIVITY.	ZOOM: YANZA LUZAN – MEDIUM PSIQUICA. ZOOM: CONSTANTINO JIMENEZ – ALPHABIOTISMO. The subject for this episode was on how many people believe in ghosts and spirits from beyond.
Habla Que Te Escucho	08/27/2023	Starts: 8:00 pm Ends: 9:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.

Habla Que Te Escucho	08/30/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	NEW WAVE OF COVID-19	GUESTS ZOOM: DR. JOSEPH VARON — PULMONOLOGIST / PRESIDENT DORRINGTON MEDICAL ASSOSIATES. ZOOM: LIC. NORMA CASANOVA — SOCIOLOGA. On this episode the experts talked of new guidelines for people if or when cases of COVID-19 rise during fall.
Habla Que Te Escucho	08/31/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	THE CASE OF DONALD TRUMP PART 2.	GUESTS ZOOM: ALEX GALVEZ – ABOGADO. ZOOM: KELVIN ROSADO – ABOGADO. On this episode political analysts discussed the case of former president Donald J. Trump and what the outcome is going to be if he is elected president again or not.
			SEPTEMB	ER 2023
Habla Que Te Escucho	09/01/23	12.00 am	LOVE FOR INTEREST OR REAL LOVE.	GUESTS ZOOM: Lia Fernandini – Psicologa. ZOOM: Laura Aguilar – Psicoterapeuta. The subject for this show's episode was on whether economic stability is more important in a relationship than true love.

				GUESTS
Habla Que Te Escucho	09/02/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	GENERATION Z.	ZOOM: Maria A. Duque – Psicologa. The subject for this show's episode was on why today's generation Z seem to be not responding to responsibilities and other facts of life.
Habla Que Te Escucho	09/03/2023	Starts: 08:00 pm Ends: 09:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.
Habla Que Te Escucho	09/06/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	FENTANYL.	GUESTS ZOOM: Jorge Mario Rubio – Especialista en Adicciones. ZOOM: Jorge Partida – Psicologo. The subject for this show's episode was on the abuse of Fentanyl and the dependency that its creating among users.
Habla Que Te Escucho	09/07/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	ATTENTION DEFICIT DISORDER (ADD).	GUESTS ZOOM: Maria Garau – Neuropsicologa. ZOOM: Maria Jesus Garcia – Psicopedagoga. The subject for this show's episode was focused on whether ADD is a certified medical condition or is it just an excuse for discipline.
Habla	09/08/2023	Starts: 12:00 am	RECORD HIGH OF MIGRANT	GUESTS ZOOM: Gerardo Oviedo – Activista Politico. ZOOM: Dr. Doris Borrero – Analista Politica.

Que Te Escucho Habla Que Te Escucho	09/09/2023	Ends: 1:00 am Duration: 60 minutes. Starts: 12:00 am Ends: 1:00 am Duration:	ABORTION DECRIMINALIZATION.	The subject for this episode was focused on migration and the all-time record high of migrant influx. GUESTS ZOOM: Rosa Rentaria – Sociologa. ZOOM: Veronica Garcia – Activista Feminista. The subject for this show's episode was focused on
		60 minutes.		the recent decriminalization on abortion in Mexico and why it hasn't been approved in the US.
Habla Que Te Escucho	09/10/2023	Starts: 08:00 pm Ends: 09:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.
Habla Que Te Escucho	09/12/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	TOXIC RELATIONSHIPS.	GUESTS ZOOM: Marta Morán – Psicóloga Clínica. ZOOM: Yali Blanco – Psicóloga Cognitiva. On this episode the experts talked about how to handle and identify a toxic relationship.
Habla Que Te Escucho	09/13/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	HOW TO HANDLE YOUR INCOME AS A COUPLE.	GUESTS ZOOM: Fernando Palacio – Coach Financiero. ZOOM: Mirian Toro – Educadora Financiera. On this episode the experts talked about whether it is more convenient to handle your finances as a couple or keep it separate.

Habla Que Te Escucho	09/14/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	STERILIZATION AND PEOPLE WITH AUTISM.	GUESTS ZOOM: Susana Luyando – Madre de joven autista. ZOOM: Andreina Feo – Presidenta Fundacion Dejando Huella. On this episode the experts talked about the human rights people with autism sometimes lack and how self-sufficient they are.
Habla Que Te Escucho	09/15/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	RECORD HIGH MASS SHOOTINGS IN THE US.	GUESTS ZOOM: Salvador Sanchez — Educador/Activista. ZOOM: Miguel Meza — Alguacil Condado L.A. The subject for this show's episode was focused on the recent all-time record mass shootings in the US.
Habla Que Te Escucho	09/16/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	ANIMAL EUTHANASIA.	GUESTS ZOOM: Gabriel Ochoa – Gerente PETA Latino. ZOOM: Jaime Hernandez Rizo – Medico Veterinario. The subject for this episode was focused on whether euthanasia used on pets is animal cruelty or not.
Habla Que Te Escucho	09/17/2023	Starts: 08:00 pm Ends: 09:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP.

				GUESTS
Habla Que Te Escucho	09/19/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	HOW TECHNOLOGY AFFECTS THE HUMAN BODY.	ZOOM: Dr. Alberto Cuevas – Quiropráctico. On this episode we discussed how technology is affecting our posture by sitting in the computer for hours and talking and spending time on the phone for hours.
				GUESTS
Habla Que Te Escucho	09/20/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	ESTHETIC SURGERIES.	ZOOM: Izabel Medher – Psicóloga. ZOOM: Dr. Norman Huarcaya – Cirujano Plastico. ZOOM: Dr. Alejandro Reyna – Cirujano Plastico. The subject for this episode was focused on whether some people do esthetic surgery to enhance beauty in their bodies or to make up for empty feelings.
Habla Que Te Escucho	09/21/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	STOCKHOLM SYNDROME.	GUESTS ZOOM: Dr. Raschid Guardia – Neuropsicólogo. ZOOM: Dr. Jorge Partida – Psicólogo. On this episode the experts explained and talked about how the Stockholm syndrome began and what it means. Also how it can be part of everyday behavior for some people.
Habla Que Te Escucho	09/22/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	PREMONITIONS.	GUESTS ZOOM: Dr. Raschid Guardia – Neuropsicólogo. ZOOM: Ita Herrera – Tarotista / Numeróloga. On this episode experts talked about the psychology of having premonitions and the question whether is actually true or just the subconsciousness of the brain.

Habla Que Te Escucho	09/23/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	ALZHEIMER'S DISEASE.	GUESTS ZOOM: Dra. Patricia Arcache – Terapeuta Familiar. ZOOM: Dra. Maria Cecilia Fernandez – Neuróloga. On this episode we talked about Alzheimer's disease as in September is Alzheimer's Day, the research and understanding of this disease.
Habla Que Te Escucho	09/24/2023	Starts: 08:00 pm Ends: 09:00 pm Duration: 60 minutes.	RECAP.	WEEKLY RECAP. GUESTS
Habla Que Te Escucho	09/26/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	IS THE WORLD MORE IMPATIENT THAN EVER.	ZOOM: Lic. Norma Casanova – Socióloga. ZOOM: Laura Aguilar - Psicoterapéuta. The subject for this episode was whether technology has made us more impatient than ever.
Habla Que Te Escucho	09/27/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	BIPOLAR DISORDER.	GUESTS ZOOM: Ana Sol Carvajal – Psicóloga. ZOOM: Laura Aguilar – Psicoterapéuta. The subject for this episode was Bipolar-Disorder, how to identify it and how to treat it. GUESTS

Habla Que Te Escucho	09/28/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	DOES LACK OF TIME IMPACT RELATIONSHIPS.	ZOOM: Laura Ceja – Psicoterapéuta. ZOOM: Diana Jimenez – Psicóloga. On this episode the experts discussed how spending time and giving time to one another is crucial for every relationship.
Habla Que Te Escucho	09/29/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	HOME BIRTH.	GUESTS ZOOM: ZOOM: On this episode the experts discussed home birth as a new method and the pros and cons that take place in a residence rather than in a hospital.
Habla Que Te Escucho	09/30/2023	Starts: 12:00 am Ends: 1:00 am Duration: 60 minutes.	MULTIPLE PERSONALITIES.	GUESTS ZOOM: ZOOM: