



5AM SUNDAYS

**Section II 2022
LOCAL PROGRAMMING**

Section I lists regularly-scheduled and special programs that represent the station's issue-responsive programming providing the most significant treatment of the issues listed above for the calendar quarter.

ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
How to Conquer your goals	Florida Exclusivo	The decisions you made in the past are the results of today. Don't expect to produce different results without mental reengineering, emotional and spiritual. Steps to conquer you goals short and long term.	J.R. Roman author on personal development, leadership, teamwork, customer service, sales and motivation.	4/2/2022	1hr.
April is National Fair Housing Month ----- April is National Alcohol Awareness Month	Florida Exclusivo	In this month passed the Fair Housing Act on April 11, 1968. The law is design to protect Americans from facing discrimination in selling or buying houses. ----- Providing the opportunity to increase awareness of alcohol addiction and understanding the causes and effective treatments available	Nancy Sharrifi Deputy director of the division of housing and urban development And Jorge Acosta Palmer Legal Community Services Attorney ----- Leandro y Ana Cenicerros from AA Alcoholics Anonymous	4/9/2022	1 hr.

<p>April is national minority health month Florida Department of Health advises on Meningococcal disease and vaccine in Florida and Diabetes Prevention</p> <p>-----</p> <p>Easter in the oldest city in the US (St. Augustine, Florida)</p> <p>-----</p> <p>Lowering your electric bill</p>	<p>Florida Exclusivo</p>	<p>DOH seeks to raise awareness about health disparities that impact racial and ethnic minority populations in our community. DOH-Orange also encourages action through health education, early detection, and control of disease complications. Celebrated every year in April, this year's theme is Give Your Community a Boost!</p> <p>The CDC warns of an outbreak of meningococcal disease in Florida. The outbreak is reportedly affecting LGBTQ men as well as those living with HIV. The CDC is now urging gay and bisexual men in Florida to get vaccinated against the disease. Meningococcal disease can be fatal if left untreated. It may first seem like the flu before quickly getting worse, with symptoms including fever, headache, nausea, and rash. Also, all you need to know with Diabetes and how the DOH can assist in a better and healthy life.</p> <p>-----</p> <p>On October 10, 2021, Pope Francis granted a Canonical Coronation of Our Lady of La Leche at the Basilica Cathedral of San Agustín. It is also only the fourth site in the US to receive this honor.</p> <p>-----</p> <p>Top 9 Ways to Lower Your Energy Bill using Natural Light. Turn Off Lights and Electronics When You Aren't Using Them. Replace Traditional Light Bulbs with LEDs. Get a Smart Thermostat. Ensure Your Home is Properly Insulated. Put Decorative Lights on a Timer. Identify and Unplug Energy Vampires. Reduce Appliance Use. And more tips to save \$</p>	<p>Maria Bermudez Supervisor in Epidemiology, Mirna Chamorro Public Information Officer and Claudia Tejada Florida Department of Health, Seminole County</p> <p>-----</p> <p>Wilson Camelo from Camelo Communication</p> <p>-----</p> <p>Mariela Quintanilla Spokesperson FPL</p> <p>-----</p>	<p>4/16/2022</p>	<p>1 hr.</p>
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<p>A glimpse of what we could drive in the not-too-distant future The latest in automotive technology and advances in electric vehicles</p> <p>-----</p> <p>Solutions for the Hunger Crisis</p> <p>-----</p> <p>April month of Autism awareness</p>	<p>Florida Exclusivo</p>	<p>For the first time in three years, the New York International Auto Show will highlight the latest in the world of automobiles. From the newest models and special editions to advances in safety and technology, and even a look at the vehicles of the future. With over 1,000 cars, trucks, and SUVs on display, there's sure to be something for everyone!</p> <p>-----</p> <p>More than 62 million Latinos live and work in the U.S. and contribute about \$2.7 trillion to the economy. Although they have helped keep businesses running throughout the height of the pandemic, they continue to experience disproportionate impacts of the crisis, including food insecurity.</p> <p>-----</p> <p>Her mother's love surpasses the fame that gave her being Miss Puerto Rico in 1996, thus, María del Rocío Arroyo, former beauty queen stands out for her writings in the book 'Traveling on the Autism Train', where she recounts her experience being mother of a child with autism and that trip that many families do not know its route or destination.</p>	<p>Sandra Muñoz, Editor-in-Chief, Latinaology.com</p> <p>-----</p> <p>Alejandra Gepp, Health Programs Director for UnidosUS</p> <p>-----</p> <p>María Del Rocío Arroyo Author</p>	<p>4/23/2022</p>	<p>1 hr.</p>
<p>There are many things you can do to reduce your chances of getting heart disease</p>	<p>Florida Exclusivo</p>	<p>Heart disease remains the number one health threat for both men and women in the United States; however, recent research focuses mostly on man. We know that there are fundamental biological differences between the sexes.</p>	<p>Dra. Nitza Alvarez Cardiologist and Author</p>	<p>04/30/2022</p>	<p>1 hr.</p>

<p>Floridians allege violations with proposed highway expansion through Split Oak Nature Preserve</p> <p>-----</p> <p>How I can lower my electric bill in Florida</p> <p>-----</p> <p>The Study of memory impairment</p>	<p>Florida Exclusivo</p>	<p>Friends of Split Oak and Chispa Florida announced a citizen front to denounce and stop plans by Orange and Osceola counties to extend the Osceola Parkway through the Split Oak Nature Preserve, a vital green lung for residents and critical habitat. for species, some threatened and endangered</p> <p>-----</p> <p>Energy Saving Tips Learn quick and effective ways to help you conserve energy.</p> <p>-----</p> <p>The National Institute on Aging (NIA) is launching a nationwide treatment study targeting individuals with mild cognitive impairment, a condition characterized by a memory deficit, but not dementia. An NIA-funded study recently confirmed that MCI is different from both dementia and normal age-related changes in memory. Accurate and early evaluation and treatment of MCI individuals might prevent further cognitive decline, including development of Alzheimer's disease.</p>	<p>Maria Revelles & Jorge Javier Perez CHISPA Florida</p> <p>-----</p> <p>Mariela Quintanilla. Sr. Communication Specialist at Florida Power & Light Company</p> <p>-----</p> <p>Gustavo Jimenez Maglioni Director of Alzheimer Therapy for National Institute of Health</p>	<p>5/7/2022</p>	<p>1 hr.</p>
<p>Leaving a child in a hot car can cause hyperthermia from extreme vehicle heat and death</p> <p>-----</p> <p>COVID-19 Vaccines While Pregnant or Breastfeeding</p> <p>-----</p> <p>Brain Health, Early Signs of Alzheimer's</p>	<p>Florida Exclusivo</p>	<p>In the span of 10 minutes, a car can heat up 20 degrees Fahrenheit, enough to kill a child. A child's body temperature rises three to five times faster than that of an adult. A core temperature around 107 degrees is already lethal. We have tips to prevent this.</p> <p>-----</p> <p>Getting a COVID-19 vaccine can help protect you from getting very sick from COVID-19, vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.</p> <p>-----</p> <p>BrainGuide by UsAgainstAlzheimer's is a first-of-its-kind, free platform that empowers people with knowledge and resources to take the best next steps in managing their own or a loved one's brain health. BrainGuide helps people get started with confidence, wherever they are, in their brain health journey</p>	<p>José Alberto Uclés, Hispanic Public Affairs Spokesperson, Media and Events Specialist for the National Highway Traffic Safety Administration (NHTSA)</p> <p>-----</p> <p>Dr. Zulma Berrios obstetrician-gynecologist from Baptist Health South Florida Hospital</p> <p>-----</p> <p>Dr. Maria Moza Pinzon MyBrainguide.com</p>	<p>5/14/2022</p>	<p>1hr.</p>

<p>The Department reminds families to be safe when enjoying water activities, especially the week before Memorial Day, which is recognized as Healthy and Safe Swimming Week (May 23 – 29, 2022)</p> <hr/> <p>Mental health in adolescents: The new pandemic</p> <hr/> <p>May is National Teen Pregnancy Prevention Month</p> <hr/> <p>Flood Insurance is a Smart Investment</p>	<p>Florida Exclusivo</p>	<p>Soon local schools will be closed for the summer and swimming activities will be on everyone’s checklist. The Florida Department of Health in Orange County encourages everyone to take a role in preventing injuries, drowning, and illnesses caused by germs in the water. Also, FDH takes time to celebrate the important role moms play in the lives of their families every single day. Some of the programs offers to help moms-to-be, new moms, and moms working to keep their children healthy and well-nourished</p> <hr/> <p>This Mental Health Awareness Month, the Ad Council's Sound It Out Campaign, New resources provide parents and caregivers with supporting and emotional well-being for their high school students during challenging times</p> <hr/> <p>This annual awareness is an opportunity to encourage parents to start conversations with their teens to make wise decisions and connecting youth to services that can assist.</p> <hr/> <p>Floods are the most common and costly natural disasters in the United States. Flood insurance is one of the most important steps residents can take to protect the financial lives they’ve built. But most homeowner and renter insurance policies do not cover flood damage.</p>	<p>Mirna Chamorro Public Information Officer Florida Department of Health, Seminole County</p> <hr/> <p>Dr. Regina Miranda, mental health expert</p> <hr/> <p>Julia Brignoni Register Nurse Florida Department of Health Orange County</p> <hr/> <p>Daniel Llarguez Spokesperson FEMA</p>	<p>5/21/2022</p>	<p>1hr.</p>
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<p>Boating Safety</p> <p>-----</p> <p>USDA wants everyone to remember food safety for Memorial Day weekend</p> <p>-----</p> <p>May is National Teen Pregnancy Prevention Month</p>	<p>Florida Exclusivo</p>	<p>Florida leads the nation with nearly one million registered vessels across the state and is known as a prime boating spot for residents and visitors. Unfortunately, each year FWC officers respond to far too many tragic boating accidents that could have been prevented.</p> <p>-----</p> <p>The USDA wants to ensure that people stay food safe while enjoying food during typical outdoor activities like grilling, camping, hiking, and picnicking. Safe Food Tips for Outdoors, The Four Safety Tips Online tools, and food safety tips for parents and families.</p> <p>-----</p> <p>This annual awareness is an opportunity to encourage parents to start conversations with their teens to make wise decisions and connecting youth to services that can assist.</p>	<p>Milton Osario FL Fish and Wildlife Conservation Commission Officer</p> <p>-----</p> <p>Beverly Casares Spokesperson USDA</p> <p>-----</p> <p>Julia Brignoni Register Nurse Florida Department of Health Orange County</p>	<p>5/28/2022</p>	<p>1 hr.</p>
<p>Stroke Awareness Month</p> <p>-----</p> <p>Mental health problems among children and adolescents are on the rise, according to the American Academy of Pediatrics.</p> <p>-----</p> <p>Hurricane Season, should check flood Insurance policy</p>	<p>Florida Exclusivo</p>	<p>Both nationally and in Florida, stroke is the fifth leading cause of death and a leading cause of serious disability for adults. Although the risk of stroke increases with age, a stroke can occur at any age.</p> <p>-----</p> <p>In 2020, the percentage of children ages 5 to 11 with mental health emergencies increased 24%, according to the American Academy of Pediatrics. In Florida, the organization NAMI is dedicated to raising awareness of this problem, providing help to the community before it is too late.</p> <p>-----</p> <p>Learn more about coverage limits and what is or isn't covered. Flood Maps in Florida. Flood Maps. No matter where you live or work, some risk of flooding exists.</p>	<p>Mirna Chamorro Public Information Officer Florida Department of Health, Seminole County</p> <p>-----</p> <p>Dr. Ariel Goitia MD</p> <p>-----</p> <p>Daniel Llargues Spokesperson for FEMA</p>	<p>6/4/2022</p>	<p>1 hr.</p>

<p>Kidney Week of Action</p> <p>-----</p> <p>Don't need a company to consolidate your credit score</p> <p>-----</p> <p>Some of the most common ways to prevent cyber attacks</p>	<p>Florida Exclusivo</p>	<p>To ensure that new drugs and treatments work well for everyone, it's crucial that clinical trials include people from diverse backgrounds. Research has shown that people can have different reactions to treatments based on their race, ethnicity, gender, age, and other factors.</p> <p>-----</p> <p>There are legitimate steps you can do yourself without having to pay a credit repair company to repair your credit. These steps include reviewing your credit reports for errors, paying down debt and getting a credit card that reports on-time payment activity to the credit bureaus.</p> <p>-----</p> <p>Top 10 Internet safety rules to follow to help you avoid getting into trouble online (and offline). How to avoid common cyber attacks and types of data breaches: Identity theft, fraud, extortion. Malware, phishing, spamming, spoofing, spyware, trojans and viruses. Stolen hardware, such as laptops or mobile devices.</p>	<p>Pablo Garcia MD American Kidney Fund/Sanford Medicine</p> <p>-----</p> <p>Susana Leon Author</p> <p>-----</p> <p>Duarte Pereira Vice president and chief technology officer of FitechGelb</p>	<p>6/11/2022</p>	<p>1hr.</p>
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<p>This June, help raise awareness and show support for the millions of people around the world living with Alzheimer's disease</p> <p>-----</p> <p>June Dairy Month</p> <p>-----</p> <p>Can't Afford Your Prescriptions?</p>	<p>Florida Exclusivo</p>	<p>Although millions of Americans are currently living with Alzheimer's disease, more can be done to help find possible treatments for the disease.</p> <p>-----</p> <p>The new DGA guidelines propose three different healthy eating patterns and dairy foods are a part of all three. Dairy is also highlighted for providing three of the four nutrients that are typically lacking in American diets: calcium, potassium and vitamin D. We included recipes and fun ways to incorporate Dairy in our lives.</p> <p>-----</p> <p>Patient Advocate Foundation's Co-Pay Relief program exists to help reduce the financial distress patients, and their families face when paying for treatment.</p>	<p>Dr. Doris Molina-Henry of the University of Southern California</p> <p>-----</p> <p>Deanne Smith Spokesperson for Florida Dairy</p> <p>-----</p> <p>Anita Reynolds Spokesperson for Advocate Patient Foundation</p>	<p>6/18/2022</p>	<p>1hr.</p>
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<p>A policy to reduce nicotine levels would remove an undue burden from the US public health system: tobacco costs the US more than \$226 billion in health care costs. Additionally, tobacco costs more than \$180 billion in lost productivity each year.</p> <p>-----</p> <p>Control of Cancer</p>	<p>Florida Exclusivo</p>	<p>The Biden Administration's Decision to Limit Nicotine in Cigarettes Will Save Lives, Reduce Addiction and Protect Children for Generations to Come. The announcement could lead to a historic public health action by the Food and Drug Administration (FDA)</p> <p>-----</p> <p>Cancer is largely preventable. many cancers they can be prevented; others can be detected in the early stages of its development and be treated and cured. Even in advanced stages of cancer, it can be slow its progression, the pain can be controlled or reduce and can help patients and families to bear the load.</p>	<p>Patricia Sosa, Director of the Campaign for Tobacco Free Kids</p> <p>-----</p> <p>Dr. Ismael Torres -In Control of Cancer.com and Director of OncoHealth</p>	<p>6/25/2022</p>	<p>1 hr.</p>
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