

5am Sundays



ISSUE	PROGRAM / TITLE	DESCRIPTION	GUEST	DATE/TIME	DURATION
<p>Top state law-enforcement officials from seven states, including Florida, are launching antitrust probes into Facebook and Alphabet's Google.</p> <p>-----</p> <p>RIP Currents in Florida Waters</p>	<p>Florida Exclusivo</p>	<p>The Facebook probe will investigate whether the company endangered consumer data, reduced the quality of consumers' choices, or increased the price of advertising.</p> <p>To make matters worse a House subcommittee will focus on related tech issues this Thursday. Specifically, the impact of data and privacy on competition.</p> <p>-----</p> <p>They can be found on many beaches every day and they can be deadly. What are rip currents and how do you get out of one.</p>	<p>Duarte Pereira the VP <i>FITECHGELB</i></p> <p>-----</p> <p>Jorge Santana Journalist</p>	<p>10/5/2019</p>	<p>1hr.</p>

The new recommendations for healthy drinks and what might surprise parents

National Atrial Fibrillation (AFib) Awareness Month

Myth or truth about Metabolism

Health Prevention and opportunities of screening and State programs

Florida Exclusivo

Four major health organizations join for the first time to announce a new set of recommendations to improve the consumption of healthy drinks among young children.

The new recommendations will help parents, caregivers, health care providers, primary and primary school teachers, politicians and the beverage industry improve children's health.

National Atrial Fibrillation Awareness Month, which is serious condition that causes blood to pool in your heart and form a blood clot. AFib can lead to major medical complications, including clot-provoked stroke, but it can go undiagnosed. Your risk of developing it also grows as you age. AFib risk factors, and ways Hispanics can protect their hearts

You no doubt have heard of metabolism and may even have a vague idea of what it is. But there are a lot of myths related to the impact metabolism have on your health, especially in terms of weight loss.

The purpose is to improve access to and the delivery of health care services for all individuals, particularly low income, underserved, uninsured, minority, With health disparity, and rural populations.

Sandra Arévalo representative of the Academy of Nutrition and Dietetics

Dr. Jorge Diaz from Central Florida Regional Hospital

Ximena Jomenez Nutritionist

Mayra E. Alvarez Director of US Department of Health and Human Services

10/12/2019

1 hr.

<p>Current programs free for the Community</p> <p>-----</p> <p>Hispanics and Nutrition</p> <p>-----</p> <p>Events for the Community</p> <p>-----</p> <p>October Breast Cancer Prevention</p>	<p>Florida Exclusivo</p>	<p>Hispanic Federation serves as a national model for Latino social, political and economic empowerment. Its mission is to empower and advance the Hispanic community, today we will advise of some seminars and events through out the State.</p> <p>-----</p> <p>Nutrition, proper diet and ways to have a better health thru prevention.</p> <p>-----</p> <p>The mission to give back to the community thru free programs and seminars</p> <p>-----</p> <p>Breast cancer prevention/How to reduce your risk. Research shows that lifestyle changes can decrease the risk of breast cancer, even in women at high risk.</p>	<p>Yanitzy Velez Director of Hispanic Federation Florida</p> <p>-----</p> <p>Ximena Jimenez Nutritionist</p> <p>-----</p> <p>Jereck Mediavilla From Ana G. Mendez Florida</p> <p>-----</p> <p>Yamilet Luna Vice President Advent Health Florida</p>	<p>10/19/2019</p>	<p>1 hr.</p>
<p>New Announcements : What new products has Google been working on?</p> <p>-----</p> <p>AND Sephardic/ Ezra International and the history of Ezra Zefaradita</p> <p>-----</p> <p>Mammograms at a low cost</p>	<p>Florida Exclusivo</p>	<p>In October of last year, a Google hardware announcement revealed: the Google Pixel 3 / 3XL, the Google Nest Hub and the Google Pixel Slate, and the latest and best Google hardware news</p> <p>-----</p> <p>The new biblical year of Rosh Hashanah and about the Embassies of the United States and Guatemala that are now located in Jerusalem and the meaning of the Jews, also the DNA Sephardic.</p> <p>-----</p> <p>Mammograms at a low cost of \$30.00 until October 31st</p>	<p>Jesus Garcia Hispanic spokesman Google</p> <p>-----</p> <p>Rabbi Gary Fernandez</p> <p>-----</p> <p>Yamilet Luna Vice President Advent Health Florida</p>	<p>10/26/2019</p>	<p>1 hr.</p>

<p>Latino children are nearly twice as likely to lack access to enough nutritious food as non-Latino white children</p> <p>-----</p> <p>Hispanic vote</p> <p>-----</p> <p>Adopt a Kid</p> <p>-----</p> <p>Flu Season</p> <p>-----</p>	<p>Florida Exclusivo</p>	<p>On October 25, the Trump administration's "public charge" rule will go into effect that will penalize legal immigrants who access public benefits such as the Supplemental Nutrition Assistance Program (SNAP) and Medicaid. This rule could deny green cards to legal immigrants who have used or might use safety-net programs.</p> <p>-----</p> <p>Elections 2020 the Hispanic vote will be once again very important to decide many of the elected officials.</p> <p>-----</p> <p>Of the 123K children in the United States foster care system that are waiting to be adopted, approximately one in five are teenagers. Teenagers have lower adoption rates than younger children and often wait longer to be adopted.</p> <p>-----</p> <p>Floridians to <i>Fight the Flu</i> by getting a Flu shot this 2019 flu season.</p>	<p>José Garcia, senior adviser for prayer and evangelical engagement, Bread for the World</p> <p>-----</p> <p>Senator Jose Javier Rodriguez Florida Senator</p> <p>-----</p> <p>Erica Serrano Adopt a US Kid & Ashley Garcia an adopted teenager</p> <p>-----</p> <p>Mirna Chamorro Spokesperson for Florida Department of Health</p>	<p>11/2/2019</p>	<p>1 hr.</p>
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<p>Work with five generations in the same place of employment ----- Mosquito-borne illnesses ----- November Awareness month on prematurity ----- Despite spending almost twice as much on beauty products as the general population, Hispanics over 50 feel ignored by beauty industry brands ----- Vegetables and its benefits by colors ----- 1 in 5 people live in rural areas in the United States with few primary health services</p>	<p>Florida Exclusivo</p>	<p>By 2024, about 25% of the workforce is projected to be over the age of 55. That compares to only about 12 percent of the workforce in 1994. In fact, in some workplaces, 55 don't even begin to signify time to retire. Those in their 60s, 70s, and even 80s also are deciding to stay in place either full time or part time. In fact, today, many workplaces are composed of five generations.</p> <p>-----</p> <p>The Florida Department of Health reminds residents and visitors to <i>Drain and Cover</i>, especially during the rainy season. Simple steps can be taken to protect yourself and your loved ones against mosquito-borne illnesses.</p> <p>-----</p> <p>The new March of Dimes report card highlights the maternal and child health crisis in the United States. State-by-state findings show a rising preterm birth rate for the fourth consecutive year; Reveals important racial, ethnic and geographical disparities within maternal mortality</p> <p>-----</p> <p>Despite spending almost \$7 billion on annual sales in the USA, 69 percent of Hispanics report that they feel the beauty and grooming industry treats people their age as late, according to a new AARP survey. The 2019 national survey, <i>Latinos and Beauty as We Age: A Cultural Reflection</i>, reveals that Hispanics 50 and older want advertising and the media to include more age, and are more favorable than the brands they reflect to people your age in advertising.</p> <p>-----</p> <p>Eating 5 vegetables a day is good for your health and what are the benefits according to their colors.</p> <p>-----</p> <p>An estimated 45 to 47 million Americans have no health care coverage, and one third of Americans younger than age 65 went without insurance at some point during the past 2 years</p>	<p>Jessica Santiago Rentas, Ph.D. JSR Services, LLC ----- Mirna Chamorro Spokesperson for Florida Department of Health ----- Dr. Jose Cordero, spokesperson for the March of Dimes ----- Ivonne Fernandez Spokesperson AARP ----- Ximena Jimenez Certified Nutritionist ----- Mayra E. Alvarez Public Health Policy Director of the Health Reform of the United States Department of Health and Human Services.</p>	<p>11/9/2019</p>	<p>1 hr.</p>
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<p>Alzheimer patients in Florida</p>	<p>Florida Exclusivo</p>	<p>Alzheimer cases in Florida increases skyrockets to be 2nd in the Nation. An estimated 5.5 million Americans 65 and older are living with Alzheimer's disease, and that is expected to increase by nearly 29 percent. State Director of communications for the Alzheimer's Association, said the additional funding is good news for Florida, where an estimated 540,000 people with Alzheimer's disease live, also helping the caregivers as well. More than 1.1 million people in Florida care for dementia and Alzheimer's patients</p> <p>-----</p>	<p>Carlos Perez Alzheimer Expert and Advisor</p>	<p>11/16/2019</p>	<p>1 hr.</p>
<p>9 Steps to conquer your goals</p>	<p>Florida Exclusivo</p>	<p>In a very general way will share what are the different types of personal environments that we must handle, as we identify them and some questions we can ask ourselves to Discover how we are in relation to them. It is a broad but powerful subject.</p>	<p>Migdalia M. Sánchez Ortiz, M.Ed, CP, CC and Claudio Soreano Alvarez M. Eng.CC</p>	<p>11/23/2019</p>	<p>1 hr.</p>
<p>Heels vs Ties: Living With Your Greatest Threat</p>	<p>Florida Exclusivo</p>	<p>In this book, Heels vs. Ties, Dr. Nitza Álvarez shares a comprehensive guide for women to help them understand their risk of heart disease, know what is important to discuss with their doctors and empower them to take control of their health.</p>	<p>Dr. Nitza Alvarez author of the Book Tacones vs Corbatas</p>	<p>11/30/2019</p>	<p>1 hr.</p>
<p>Depression and Suicide</p>	<p>Florida Exclusivo</p>	<p>In some circles, conventional wisdom about suicide prevention suggests that one just needs to know what signs to look for. About 120 lives are lost to suicide in the United States every day, sometimes involving brilliant accomplished people who couldn't find a way forward for themselves. Suicide is preventable according to some experts and here's how to stop it.</p>	<p>Dr. Yarisa Bonet specializes in emotional intelligence, work-life balance and human performance Dr. Ada Rosabal Clinical Psychologist and Marlene Silva Counselor for Marriages and family</p>	<p>12/7/19</p>	<p>1 hr.</p>

<p>increases <u>Sudden Infant Death Syndrome</u> Awareness</p> <p>-----</p> <p>About Lung Cancer</p> <p>-----</p> <p>Miss Universe</p> <p>-----</p> <p>Year in search: Google's annual list that reveals the trending topics that fascinated the world in 2019</p>	<p>Florida Exclusivo</p>	<p>According to the National Healthy Start Association, one of the top five leading causes of infant mortality in the United States is Sudden Infant Death Syndrome (SIDS). SIDS is an unexplained death occurring during sleep of an otherwise healthy infant under 1 year of age.</p> <p>-----</p> <p>Causes, Risk Factors, and Prevention Learn about the risk factors for lung cancer and what you might be able to do to help lower your risk.</p> <p>-----</p> <p>Miss Universe Latina contestants made it big in the top 10 and 5. The controversy with Steve Harvey's cartel jokes about Colombia at the Miss Universe 2019</p> <p>-----</p> <p>The Google Search Year annually offers a revealing, and sometimes surprising, look at the people, places and topics that led the world to do thousands of searches last year.</p>	<p>Mirna Chamorro Spokesperson for Florida Department of Health and Alexandra Rivera Ramirez Spokesperson for Healthy Start</p> <p>-----</p> <p>Dr. Jorge Gomez Oncologist and Volunteer for American Cancer Society</p> <p>-----</p> <p>Jorge Santana Journalist</p> <p>-----</p> <p>Jesus Garcia Spokesperson Google Latino</p>	<p>12/14/19</p>	<p>1 hr.</p>
<p>Water Safety</p> <p>-----</p> <p>Optimum ICD holdings LLC Expands its agricultural production to Georgia becoming one of the largest operations in the Southeast of the United States</p> <p>-----</p> <p>Being strong when choosing the food you eat at parties</p> <p>-----</p> <p>USDA research study reiterates how everyday cooking practices could be unexpectedly dangerous</p> <p>-----</p> <p>Air Bags Recall</p>	<p>Florida Exclusivo</p>	<p>Florida leads the country in drowning deaths of children ages 1-4 years. Annually in Florida, enough children to fill three to four preschool classrooms drown before their fifth birthday.</p> <p>-----</p> <p>Investment in the agricultural industry giving work to more than 1200 families. Also talking about how the agricultural industry is changing in the United States and how Latinos are investing in the market.</p> <p>-----</p> <p>In these Festive days there is a lot of food cravings and we will talk about how to deal with calories and food buffets.</p> <p>-----</p> <p>Food Safety on the Holidays: the USDA shares common mistakes in food preparation and offers vital advice to prevent food borne illness during these holidays</p> <p>-----</p> <p>Massive Takata Airbag Recall: Everything You Need to Know, Including Full List of Affected Vehicles</p>	<p>Jorge Santana Journalist</p> <p>-----</p> <p>Gastón Markevich spokesperson Optimum Agriculture (Optimum)</p> <p>-----</p> <p>Ximena Jimenez M.S, RDN, LDN. Nutrition and Media Expert</p> <p>-----</p> <p>Janice Lopez, Speaker of the Department of Agriculture –USDA</p> <p>-----</p> <p>Jose Ucles Spokesperson for the Department of Transportation of USA</p>	<p>12/21/2019</p>	<p>1hr.</p>

Resume 2019 best and worst	Florida Exclusivo	A recount of 2019 the new discoveries in health, the outstanding news in politics, who got divorce and passed away and more.	Journalists Roxanna De La Riva, Jorge Santana and Maricarmen Padro	12/28/2019	1 hr.
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