



5am
SUNDAYS

Section I 2020 FIRST QUARTER
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
Wellness, health and to never ignore symptoms in your body	Florida Exclusivo	She has collaborated with several national sports-related organizations such as Fuel Up to Play 60, Action for Healthy Kids, and others, with the purpose of increasing wellness at her school. Her professional knowledge and expertise in personal training, exercise physiology, sports nutrition, and sports administration has allowed her to teach and train her clients, students, and school staff at a more advanced level.	Indra Echeverri Wellness Consultant and the Physical Education/Health Teacher and Wellness Coordinator at Edward A. Reynolds West Side High School in New York City, and Omar Echeverri a person that never listen to his symptoms	1/4/2020	1hr.
Diabetes awareness, Flu season strong in the upcoming months, tobacco free Florida, weight loss, and Hepatitis A ----- Why theres so many Earthquakes in Puerto Rico -----	Florida Exclusivo	New Year and the Department of Health of Florida is announcing how to lose weigh in a healthy way, also awareness of Diabetes, and Hepatitis A in the Sunshine State. The Flu season is strong in January and February ways to prevent it and ways to stop smoking Quit Your Way Florida. ----- Earthquakes are not uncommon in the Caribbean. While Puerto Rico has not escaped the devastation of Mother Nature, it's been 100 years since the island was hit by an earthquake as strong as the one felt on Tuesday. The latest quakes in Puerto Rico's southern region began the night of Dec. 28. The latest earthquake with a magnitude of 6.4 struck off the coast of the island at 4:24 a.m. local time on Tuesday, according to the United States Geological Survey. -----	Mirna Chamorro Spokesperson fro Florida Department of Health ----- Dr. Jose Molinelli Freytes Geomorphologist -----	1/11/2020	1 hr.

<p>FEMA ----- Tax Season starts now ----- Puerto Rico's Earthquake aftermath ----- Heart attack prevention</p>	<p>Florida Exclusivo</p>	<p>Disasters can occur at any time, which is why FEMA and the Ad Council ask you to take a different resolution this January: make sure you and your families are prepared for emergencies. ----- Knowing when tax season 2020 starts can give you a head start on preparing to file your 2019 taxes and even give you a sense of when to expect your 2019 tax refund. ----- The situation with families in Puerto Rico and what thousands of families are in need. ----- The Department of Health of Florida is announcing ways to prevent Heart Attacks or Heart problems.</p>	<p>Daniel Llargues FEMA Spokesperson for the Hispanic Market ----- David Olivencias Tax Attorney ----- Emmy Carrasquillo Volunteer in Puerto Rico ----- Mirna Chamorro Spokesperson fro Florida Department of Health</p>	<p>1/18/2020</p>	<p>1 hr.</p>
<p>Beginning of the year, to change your passwords ----- Myth and truth of accelerating your metabolism ----- Monitoring the Future Survey on teen drug use</p>	<p>Florida Exclusivo</p>	<p>We see more and more data breaches, including the recent breach at Wawa. The start of the new year is the time to take an hour or so to change your passwords and shore up your personal cyber security ----- Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity ----- The National Institute on Drug Abuse (NIDA) discuss the results of the Monitoring the Future (MTF) survey. The survey funded by NIDA and conducted by scientists at the University of Michigan, tracks annual drug use and attitudes among eighth, 10th, and 12th grade students.</p>	<p>Duarte Pereira Technological Manager for FitechGelp ----- Ximena Jimenez Nutritionist ----- Dr. Ruben Baler spokesperson for National Institute of Drug Abuse</p>	<p>1/25/2020</p>	<p>1 hr.</p>

<p>Florida Surgeon General Urges vaccination as best defense against rapidly spreading flu virus</p> <p>-----</p> <p>Super Bowl 2020 Miami</p> <p>-----</p> <p>The USDA offers tips to keep Super Bowl fans safe from foodborne illness</p> <p>-----</p> <p>Hispanic Federation Florida is assisting Puerto Rican in the Island and those who are arriving in the Sunshine State.</p>	<p>Florida Exclusivo</p>	<p>The Florida Department of Health is strongly encouraging all unvaccinated residents to get their flu shot as soon as possible. Flu vaccination is the best way to prevent the flu and its potentially serious complications</p> <p>-----</p> <p>The preparations in Miami for the super bowl. All you should know for this weekend full of activities and many people visiting the State of Florida.</p> <p>-----</p> <p>In this weekend of the super bowl, many parties are shcedules with friends an families and many prepare meals to share with their guests. We will have all the pertinent advice so that your party is safe in terms of food.</p> <p>-----</p> <p>On Tuesday, January 7, a 6.4-magnitude earthquake struck Puerto Rico. Hispanic Federation has a team on the ground, and a vast network of nonprofits it's actively supporting and working with in Puerto Rico that is ready to provide emergency relief and long-term support to those affected by the quake and the ensuing aftershocks.</p>	<p>Mirna Chamorro Public Information Officer Florida Department of Health</p> <p>-----</p> <p>Merian Mendiata CEO of M4Music</p> <p>-----</p> <p>Janice Munoz Spokesperson for the USDA</p> <p>-----</p> <p>Yanitsi State Director of Hispanic Federation Florida</p>	<p>2/1/2020</p>	<p>1 hr.</p>
<p>Get steps to take if you are a victim. Find out how the IRS safeguards</p> <p>-----</p> <p>Myth or truth about Fresh Florida Milk</p> <p>-----</p> <p>State of the Union</p>	<p>Florida Exclusivo</p>	<p>Fraud Can Happen To Anyone. Learn More About Cybercrime Protection Strategies. Know the signs of tax-related identity theft and how to protect yourself.</p> <p>-----</p> <p>Today, we are faced with an unfathomable array: nonfat, low-fat or whole milk? Almond, soy, rice, hemp or oat milk? From goats or cows? With or without the lactase enzyme? Raw or pasteurized? Plain or flavored? There's even an ongoing controversy over which of these drinks can be called milk.</p> <p>-----</p> <p>Discussing Trump's most dramatic moments from his 2020 State of the Union address</p>	<p>David Olivencias Tax Attorney</p> <p>-----</p> <p>Ximena Jimenez Nutritionist</p> <p>-----</p> <p>Jorge Santana Journalist and Wanda Hernandez Attorney</p> <p>-----</p>	<p>2/8/2020</p>	<p>1 hr.</p>

<p>Heart Health</p> <hr/> <p>National Black HIV/AIDS Awareness Day</p> <hr/> <p>Florida voters subscription deadline for Primaries Elections</p> <hr/>	<p>Florida Exclusivo</p>	<p>Why Hispanics are particularly predisposed to heart conditions, New treatments, Warning signs Blood pressure's affect on the heart, and potential differences in men and women</p> <hr/> <p>The theme for this year's National Black HIV/AIDS Awareness Day is "We're in This Together." This highlights the importance of social support from friends, family, colleagues, and partners when addressing HIV in the black and Hispanic community.</p> <hr/> <p>Eligible individuals can register to vote at any time. The deadline to register in order to participate in an upcoming election is 29 days before the election. The registration deadline for Presidential Preference Primary Election: is February 18</p>	<p>Giancarlo Speziani Cardiac Electro physiologist at Osceola Regional Medical Center</p> <hr/> <p>Dr. Raul Pino Health Officer for the Florida Department of Health</p> <hr/> <p>Jimmy Torres Of Boricua Vota</p> <hr/>	<p>2/15/2020</p>	<p>1hr.</p>
<p>Alzheimer in the Hispanic Community</p>	<p>Florida Exclusivo</p>	<p>Knowing the early signs of Alzheimer, what to do or who to contact. The differences of Dementia Vs Alzheimer.</p>	<p>Carlos Alberto Perez Carlos Alberto Perez Former Executive Director of Puerto Rico Alzheimer Association</p>	<p>2/22/2020</p>	<p>1hr.</p>
<p>Poison Topics</p> <hr/> <p>Last call for Girls Scouts Cookies and their mission</p>	<p>Florida Exclusivo</p>	<p>The purpose of FPICT is to reduce the morbidity and mortality associated with poisoning in Florida. Public information on the burden and prevention of poisonings</p> <hr/> <p>What is the mission of the Girls Scouts of America, their promise to the community and how they help the Homeless with the profits of the GS Cookies.</p>	<p>Dr. Canaan Yunez Poison Information Specialist</p> <hr/> <p>Nelson Camargo Marketing Director of Girls Scouts of Citrus Florida and 4 Brownies, Juniors and Seniors</p> <hr/>	<p>2/29/2020</p>	<p>1 hr.</p>

<p>Empowering Hispanic Women to Prevent Your Number One Killer: Heart Disease Taking Control of the Dissimilar Impact These Diseases Have on Women and Minorities</p> <p>-----</p> <p>March is National Nutrition Month</p> <p>-----</p> <p>Young Venezuelan in Florida Event</p>	<p>Florida Exclusivo</p>	<p>The American Heart Association Go Red for Women and the Verily's Project Baseline teamed up to support the Research Goes Red initiative, to help Latinas reverse this situation and inspire more women to participate in the research. www.projectbaseline.com/gored</p> <p>-----</p> <p>Make a commitment to eating healthier during March, which is National Nutrition Month. The Women, Infants, and Children (WIC) program at the Florida Department of Health in Orange County is encouraging everyone to <i>Eat Right, Bite by Bite</i></p> <p>-----</p> <p>Group young Venezuelans in Florida are gathering to listen to their concerns and participate in working groups to discuss solutions to problems such as migrants and solutions for Venezuela.</p>	<p>Dr. Ileana Piña, Volunteer for the American Heart Association</p> <p>-----</p> <p>Rosie Bonefont Director of WIC and Nutritionist of Department of Health of Florida</p> <p>-----</p> <p>Cecilia Gonzalez Vice President of Jovenex</p>	<p>3/7/2020</p>	<p>1 hr.</p>
<p>Kids Beating Cancer</p> <p>-----</p> <p>Cruces and the Coronavirus</p> <p>-----</p> <p>What I am doing for the upcoming COVID-19 (coronavirus) pandemic</p>	<p>Florida Exclusivo</p>	<p>Kids Beating Cancer created with two objectives: to provide transplant treatment for children close to home without compromising the quality of care, and to support the families throughout the journey. Kids Beating Cancers efforts manifest through three specific programs.</p> <p>-----</p> <p>How the Cruces lines are giving all the perks to get people back in their cruces, but many has cancelled or postponed many of their vacations, because of the Covid -19</p> <p>-----</p> <p>The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April. Here is some precautions and tips of what we should do. These are the same precautions currently use during our influenza seasons, except for the mask and gloves.</p>	<p>Jose Ignacio (Nacho) Patient, Andreina Herrera Nacho's mother and Yessenia Echevarria coordinator Kids Beating Cancer</p> <p>-----</p> <p>Mariam Ortiz Expert in the Cruces Industries</p> <p>-----</p> <p>Eva Pagán Hill, LMHC AdventHealth Hospice Care Central Florida Bereavement Counselor Bereavement Department</p>	<p>3/14/2020</p>	<p>1hr.</p>

<p>Covid 19 prevention in schools</p> <p>-----</p> <p>The truth behind Covid 19 and what measures need to take action</p>	<p>Florida Exclusivo</p>	<p>Covid 19 prevention in schools. What we need to know about things to be cleaning in schools and homes to keep schools ready and safe for faculty and students.</p> <p>-----</p> <p>How Small Businesses (and small non-profits) Need to Prepare for the Impact of Coronavirus. We will provide key information about how to avoid being exposed to the virus and the latest information on HR regulations and policies that apply under these unique circumstances.</p>	<p>Indra Echeverri Wellness Consultant and the Physical Education/Health Teacher and Wellness Coordinator at Edward A. Reynolds West Side High School in New York City</p> <p>-----</p> <p>Dr. Antonia Novello Former US Surgeon General and Colonel Wilson Ariza – (Retired)– Health Information Officer at OPTUMServe (The Health Services Platform of United Health Group)</p>	<p>3/21/2020</p>	<p>1hr.</p>
<p>Census 2020-03-19</p> <p>-----</p> <p>March: World Nutrition Month</p> <p>-----</p> <p>It is especially important that access to healthy school meals continue during the coronavirus outbreak.</p> <p>-----</p> <p>Covid-19 and immigrants</p>	<p>Florida Exclusivo</p>	<p>When completing the census, include everyone living in your home as of April 1, 2020. For the first time, you can choose to respond online, by phone, or by mail. Respond today. Vital for Your Community</p> <p>-----</p> <p>March is nutrition month and it is the perfect time to highlight the nutrition naturally found in dairy products.</p> <p>-----</p> <p>USDA's proposed rule to weaken standards could increase food insecurity and negatively impact academic performance and health. Proposed changes to school nutrition standards could adversely affect children's health and education</p> <p>-----</p> <p>It has been sounding the alarm about the potential of the coronavirus getting into the densely packed immigrant camps on the Mexico-U-S border. He says this is a story that is being ignored and has the potential to devastate those camps. Some immigrant groups are calling it a 'potential catastrophe'.</p>	<p>Yanitz Velez Director of Hispanic Federation Florida and South East and Commissioner Peggy Choundhry Osceola County</p> <p>-----</p> <p>Ximena Jimenez Certified Nutritionist</p> <p>-----</p> <p>Dr. Amelie Ramirez, Director of Health America</p> <p>-----</p> <p>Steve Maggi a former Miami resident is a lawyer, former immigrant and naturalized US Citizen</p>	<p>3/28/2020</p>	<p>1 hr.</p>