

**RADIO STATION WAEL FM, MARICAO  
QUARTERLY ISSUES/PROGRAM LIST  
FROM JANUARY 1<sup>st</sup> THRU MARCH 31<sup>st</sup>, 2023**

**Prepared by: María Pirallo  
On March 31, 2023**

- **AGRICULTURE**
- **ALCOHOLICS ANONYMOUS**
- **ARTS & CULTURE**
- **EDUCATION**
- **HEALTH**
- **NEWS AND INFORMATION**
- **ORGANIZATIONAL PSYCHOLOGY**
- **RELIGIOUS ORIENTATION**
- **SEISMIC ACTIVITY**
- **UNEMPLOYMENT**
- **OTHER PSA**

## **AGRICULTURE**

***INFORME ESPECIAL*** Sunday January 29, 2023 7:00am Half-hour

Eric Pietri Pietri – Agronomist and Doctor of Veterinary Medicine (DVM) from SEA (Acronym for: Servicios de Extensión Agrícola) University of Puerto Rico, Mayagüez Campus – talks about the forgotten fruits of Puerto Rico:

Algarrobo

Grosella

Pajuil

Cidra

Guamá

Uva de playa

Cundiamor

Icaco

Caimito

Almendra

Jagua

Pomarrosa

Naranja agria

Jobillo

Jobo

Níspero

***INFORME ESPECIAL*** Sunday February 19, 2023 7:00am Half-hour

Eric Pietri Pietri – Agronomist and Doctor of Veterinary Medicine (DVM) from SEA (Acronym for: Servicios de Extensión Agrícola) University of Puerto Rico, Mayagüez Campus – invites the listeners to create their own “Huertos Familiares” or Home Gardens and plant their favorite fruits and vegetables. This type of gardening allows for harvesting at regular intervals throughout the year. He also talks about:

The agricultural census

Always plant what you like; and have access to water near planting

Soil acidity and alkalinity; loose soil

Protection against wind and others weather related situations

Different organic gardens:

    Biointensive garden

    Instant garden

    Organic garden in fridge

    Vegetable garden in sacks

    Spiral orchard

    Keyhole orchard

Orchard in rubber  
Self-irrigated garden bed

**INFORME ESPECIAL** Sunday March 19, 2023 7:00am 22 minutes

Eric Pietri Pietri – Agronomist and Doctor of Veterinary Medicine (DVM) from SEA (Acronym for: Servicios de Extensión Agrícola) University of Puerto Rico, Mayagüez Campus – talks about:

Benefits of crop association and aromatic herbs in the home garden

The crops are associated based on the nutrient that they use the most to develop

The 3 nutrients or elements that plants need

Nitrogen – acts on the vegetative part so that the plant grows

Phosphorus – for the plant to flourish and fruit

Potassium – to keep the fruit as such

Each plant must have compatibility in terms of the element that it needs

Aromatic or medicinal herbs can be used to control pests; i.e. Recao and others

Group the vegetables

Medium size vegetables can be planted in garden beds or pots, if the soil is hard you can add sand

### **ALCOHOLICS ANONYMOUS**

**INFORME ESPECIAL** Sunday February 26, 2023 7:00am Half-hour

Sammy – Alcoholics Anonymous (AA) – a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem – Sammy talks about the effects alcoholism has on family life, work, and relationships with other persons, and provides information on what AA can do for people with this problem. Sammy provides the Help Line phone number and web sites information, information on where they meet, and tips on how to find out if you are an alcoholic. He also talks about the activity and convention from March 24 to 26 at UPRM (University of Puerto Rico, Mayaguez campus)

How do you know if you are truly an alcoholic?

Average age

Alcoholism is a mental illness of the body and mind

Hit rock bottom in alcoholism

How to help an alcoholic; 12 steps of alcoholics anonymous

First step a person should take; Talk about the problem you are going through

Alcoholism has no cure

Don't walk away from alcoholics anonymous

If a person does not want help it is very difficult to provide support

## **ARTS & CULTURE**

***INFORME ESPECIAL*** Sunday January 8, 2023 7:00am Half-hour  
Ulises Espinosa – Host of Informe Especial – talks about the importance of Christmas and Three Kings Day holidays in Puerto Rico’s culture. Provides information about events and activities in the western area of the island during the holidays, and played for the listening audience typical Puerto Rican music relative to Three Kings Day.

## **EDUCATION**

***INFORME ESPECIAL*** Sunday February 12, 2023 7:00am Half-hour  
Dr. José Ferrer López –Director Continuing Education and Professional Studies (DECEP) and Educación a Distancia (On-line courses), Recinto Universitario de Mayagüez (RUM) – DECEP provides working adults and people that have had their college studies interrupted, another way to finish their University Studies. Dr. Ferrer talks about continuing education, the availability of on line and face-to-face classes. Classes are available night, day and weekends. DECEP has the task and great commitment to facilitate continuous learning for the entire Puerto Rican population and outside of our island (diaspora). He talks about the following:

Short courses and online courses:

- Introduction to Artificial Intelligence
- Medical Billing Certification
- Lean Six Sigma Certification
- Introduction to solar energy
- Microsoft applications
- Canvas
- Strategic planning and analysis
- Leadership, innovation and creativity

Provides contact information and web address: <https://decepenlinea.uprm.edu/>.

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Machine or a program designed by a human being with specific instructions to have behaviors that simulate knowledge of human skills  
Artificial intelligence has been around for decades  
Things artificial intelligence can't do  
Creative work vs hard work  
Use of technology for the good  
How nations are behaving in managing artificial intelligence  
Artificial intelligence in our homes

## **HEALTH**

***LUPUS INFORMATION*** Daily (Monday-Sunday) 1-minute segment, 4 times daily – PSA educating people about Lupus. Educate the community and explain some of the characteristics of this disease, how to diagnose and possible treatment for this skin disease.

**DENTAL HEALTH** Edwin Rodriguez – Prosthodontist, Complete Health Dentistry provides a 5-minute Dental Health information segment during “La Movida Mañanera with Elvin Seguinot” between 6 and 10 AM on January 10,17, 24 and 31; February 7, 21 and 28; March 7, 14, 21 and 28.

***INFORME ESPECIAL*** Sunday January 22, 2023 7:00am Half-hour  
Edwin Rodriguez Rios – Prosthodontist, Complete Health Dentistry –  
Prosthodontists are experts in the restoration and replacement of teeth and is one of the nine dental specialties recognized by the ADA. Prosthodontists are trained to manage the most complex dental restorations. He talks about the following:  
Oral hygiene is a priority  
Importance of good oral hygiene, flossing  
Use toothpaste and brush correctly; duration of a good brushing approx. 2 minutes  
Dental implants to replace teeth that have been lost  
Benefits of a good implant  
98% of dental problems can be avoided  
If your mouth is inflamed, the rest of your body will be affected.

## **NEWS AND INFORMATION**

***RESUMEN DE NOTICIAS*** Sundays 7:00 am 30 Minutes  
Provide a review of last week local news. This is a recorded locally produced show.

***NEWS WITH FRANK GAUD*** Daily (Monday-Friday) Two, 10 minute segments daily. Provide news of local impact.

## **ORGANIZATIONAL PSYCHOLOGY**

***INFORME ESPECIAL*** Sunday January 1, 2023                      7:00am                      Half-hour

Rose Rodriguez Bonet - Industrial and Organizational Psychologist – talks about Ergonomics in the workplace:

Ergonomics is the science that studies between man and his workplace

Promotes health and wellness

Adapt the environment to the person

Noises at work

Lightning

Ergonomics has 3 phases:

Geometric – relationship between man and the metric conditions of his workplace

Environmental – relationship between man and all environmental factors at work

Temporary – studies fatigue or rest – the weekly distribution of the working day

***INFORME ESPECIAL*** Sunday February 5, 2023                      7:00am                      Half-hour

Rose Rodriguez Bonet - Industrial and Organizational Psychologist – talks about different generations and the coexistence with people of different ages at the workplace:

Baby Boomers - born between 1946 to 1964

People who feel active, feel good, promote professional development in other people, prestige and position in the company

Generation X – born between 1965 to 1979

They are distinguished by flexibility and adaptability, they like to rate themselves for their efforts at work, they seek a balance between their work, their personal life and professional growth and they almost never say no to the challenges they face.

Millennial generation - born 1980 to 1995

Use of technology, Open to possibilities and growth within the job, they are always worried about income. They consider the emotional salary.

Centennial Generation – the youngest

They connect 10 hours a day, equality at work, gender equality, freedom, autonomy, communication, economic part, etc.

***INFORME ESPECIAL*** Sunday March 5, 2023                      7:00am                      Half-hour

Rose Rodriguez Bonet - Industrial and Organizational Psychologist – talks about commitment at work:

Confucius said: “choose a job you love and you will never have to work a day in your life”

Sense of belonging and affiliation; pride of ownership

Vigor and dedication help prevent burnout syndrome = tiredness, exhaustion

Being a workaholic can be harmful to health and personal life

Approval seeking, self esteem

Boredom at work

Commitment to work

According to studies, the older the person, the more commitment to work

***INFORME ESPECIAL*** Sunday March 26, 2023 7:00am Half-hour

Rose Rodriguez Bonet - Industrial and Organizational Psychologist – talks about Occupational Wear Syndrome better known as Burnout:

How long has this syndrome been known to exist?

It is based on psychosocial factors:

Interactions at work

Satisfaction towards my work

Organizational conditions

Employee capabilities

The employee's capabilities impact the culture within the organization and these work or personal needs add up over time and, if left unattended, begin to affect either the work or the employee's health.

Talk to employee

Job dissatisfaction

The syndrome is broken down into 3 dimensions

Emotional exhaustion = when the employee cannot give more

Depersonalization = being cynical

Lack of personal fulfillment = feel stuck, lack of competence, etc.

If the employee is not attended to on time, they may suffer various cardio-respiratory symptoms, headaches, gastritis, ulcers, difficulty sleeping, dizziness and vertigo, eating rhythm is affected, lack of concentration and productivity, low productivity, absenteeism, etc.

Mostly this occurs with people who are in direct contact with other people.

Breathing techniques are relaxing

Go to the movies, do some activity that you like at least once or twice a week.

## **RELIGIOUS ORIENTATION**

### ***CONOCE TU FE***

Sundays 7:30AM fifteen minutes – Father Julio Angel Vera Gonzalez discusses Social Issues and the Church. This program is a production of the Office of Social Communication Media of the Diocese of Mayagüez which is a non-profit organization at the service of the People of God.

### ***DIOS TE HABLA, HOY ES TU DIA***

Sundays 7:45AM fifteen minutes – Father Edgardo Acosta

This program is a production of the Office of Social Communication Media of the Diocese of Mayagüez which is a non-profit organization at the service of the People of God.

***REFLECCIONES DE VIDA*** Daily (Monday-Friday) 1-minute segment

### **SEISMIC ACTIVITY**

***INFORME ESPECIAL*** Sunday March 19, 2023 7:00am 9 minutes

Dr. Victor Huerfano – Director, Seismic Network of Puerto Rico – talks about seismic activity around Puerto Rico, and the resources (equipment) the network has for research and measurements. Additionally, talks about the following topics: Caribbean Tsunami Warning Exercise CARIBE WAVE 2023 on Thursday March 23 at 10 am

Practice the evacuation route

Have a plan and discuss it with your family

Each municipality has its own evacuation plan

Alarm activation

Preventive Measures for Earthquakes and Tsunamis

Public Orientation and how to Seek Help

### **UNEMPLOYMENT**

***OFERTAS DE EMPLEO*** Monday to Friday 2 times daily 30 seconds A list of job offerings supplied weekly by the local office of the Department of Labor.

### **OTHER PSA**

***NATIONAL GUARD*** Daily (Monday-Sunday) 1-minute segment, 4 times daily Recruiting spots for the National Guard providing information, benefits, number to call if interested.

***LEARNING DISABILITIES*** Daily (Monday-Sunday) 1-minute segment, 4 times daily PSA spot reminding everyone that early detection of a learning disability can mean the difference between success and failure.

***HIGH SCHOOL DROPOUTS*** Daily (Monday-Sunday) 1-minute segment, 4 times daily Spot urging kids to stay in school. Provide information on national school dropout rates, and the high percentage of Hispanics that fall in that group. Main message is “Stay in school”.



***DRUNKEN DRIVING PREVENTION*** Daily (Monday-Sunday) 30- second segment, 4 times daily Spots by the Driving Safety Commission explaining the dangers and consequences of drunk driving.

January 15, 2023 ***INFORME ESPECIAL*** did not air due to technical problems.