

**RADIO STATION WAEL FM, MARICAO  
QUARTERLY ISSUES/PROGRAM LIST  
FROM OCTOBER 1<sup>st</sup> THRU DECEMBER 31<sup>st</sup>, 2020**

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On January 1, 2021**

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## **ARTS & CULTURE**

***INFORME ESPECIAL*** Sunday October 25, 2020 7:00am Half-hour  
And Sunday November 29, 2020

Eulogio Rodriguez (Rousty) – WAEL FM Disc Jockey and Radio Host – as it is tradition, Rousty gives a little history on the conception and production of the compact disc “El Julepe Navideño de FM96”. Discusses the selection criteria for the songs and artists included on this year’s CD and provides information on where to acquire the compact disc. Additionally, Rousty talks about the importance of Christmas Season music and the joy it brings to the people of Puerto Rico.

## **AGRICULTURE**

***INFORME ESPECIAL*** Sunday October 11, 2020 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 National 4 H Week, October 4 – 10 that was celebrated virtually this year and the theme is #Opportunity4All. Take advantage of this important week to highlight the remarkable 4 H youth in your communities and showcase the incredible experiences that 4 H offers young people. In 1934 the first 4-H club was opened in Puerto Rico. In 1902 AB Abraham opened the first Agricultural club in Ohio dedicated to harvesting corn, cultivating flowers, bushes and soil testing. 4-H is an educational organization that promotes respecting others and empowers them to create positive change in their communities. 4-H accepts children ages 5 to 18.

***INFORME ESPECIAL*** Sunday November 8, 2020 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 Escalonados” and plant their favorite fruits and vegetables. This type of gardening allows for harvesting at regular intervals throughout the year. Eric also talks about:

Different types of gardens; Home, Kitchen, Plot, Community, Co-Op

How to Set up a Family Garden:

Tools Needed

Water Utilization

Weed, Insect and Pest Control

Reproduction Time (Time from Planting to Harvest)

***INFORME ESPECIAL*** Sunday December 6, 2020 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 Christmas and Poinsettias also known as Noche Buena and Pascua. Poinsettias are the most popular of the holiday plants. Poinsettias are native to southern Mexico and Central America. Poinsettia was named after the former US ambassador to Mexico, Dr. Joel R. Poinsett who introduced the Poinsettia to the United States. Recent research has proved that Poinsettias are not poisonous. It is used in most Christmas decorations, owing to its bright red color and its blooming season coinciding with the Christmas holiday season. Eric also talks about:

Christmas Gifts; Basket of Poinsettias with vegetables for sofrito, root vegetables  
Typical Puerto Rican Christmas food; Pasteles, Arroz con Gandules, Pernil, etc  
Drinks specifically made for consumption during the holidays; Coquito

## **EARTHQUAKES**

***INFORME ESPECIAL*** Sunday October 4, 2020 7:00am Half-hour  
Dr. Alberto Lopez – Geologist, 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:  
The Great Shakeout (an organized annual public earthquake drill) and its importance  
Emergency Plan, Risk Mitigation  
Preventive Measures for Earthquakes and Tsunamis (What to do prior, during and after an Earthquake)  
Questions and Fears people have regarding Earthquakes  
Is there a link between Global Warming and Earthquakes?  
Myths and Reality about Earthquakes  
Explains the difference between Magnitude and Intensity of Earthquakes  
Explains Geological Faults and how many are around Puerto Rico

## **EDUCATION**

***INFORME ESPECIAL*** Sunday November 15, 2020 7:00am Half-hour  
Dr. Sheila Justiniano – Clinical Psychologist – talks about when to ask for psychological help. When a person feels the quality of life is non-existent, that they can't overcome certain events or there is excessive suffering, he/she should seek psychological help. She also talks about symptoms, anxiety, loneliness, suffering and other disorders.

## **EMERGENCY MANAGEMENT**

***INFORME ESPECIAL*** Sunday November 22, 2020 7:00am Half-hour

Angel Crespo – EX- Fire Chief Puerto Rico – talks about the following:  
Emergency and Disaster Planning  
Risk Analysis, Risk Mitigation  
Home Emergency Plans, Strategy to Combat Home Fires; Types of Fire  
Extinguisher, Alarm Systems  
COVID-19 Industrial Disinfection and Decontamination Procedures  
Provides information on Social Media Platform Videos on the subject

## **FAMILY**

***INFORME ESPECIAL*** Sunday October 18, 2020 7:00am Half-hour  
Dr. Sheila Justiniano – Clinical Psychologist – talks about family relationships;  
what it takes to keep the family together (specially during the pandemic), and  
about the following:  
Effective Parenting (Strategy to Raise Happy Kids)  
What Makes a Family Functional vs Dysfunctional?  
Emotions  
Stress in Children due to the Pandemic  
Authoritarian Parents  
How to Keep the Family Together

## **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 October 13, 27;  
November 10, 17, 24; December 1, 15

***INFORME ESPECIAL*** Sunday November 1, 2020 7:00am Half-hour  
Lilliam Rodriguez Capó – CEO and Founder of VOCES (Immunization and Health  
Promotion Coalition) and General José Reyes from the Puerto Rico National Guard  
– talk about VOCES. The vision of VOCES is to “Achieve in Puerto Rico a  
healthy population, free of infectious diseases preventable through immunization  
and health education.” One of the goals of VOCES is to Improve and sustain  
immunization levels in children and adolescents according to established  
guidelines. They also talk about:

Flu-Marathon and Drive Thru initiative to make available the Flu (influenza) vaccine to more people in 10 towns of the island

Provide information on:

When and where the initiative will occur (Location, Date and Time)

Who can get vaccinated

Why you should get vaccinated against the Flu each year

Population at risk

Hepatitis C

**INFORME ESPECIAL** Sunday December 13, 2020 7:00am Half-hour  
And Sunday December 27, 2020

Lic. Lailiz Ortiz – from “Campaña Muevete al Son de mi Plato” (PR Food and Nutrition Commission, the World Health Organization and the Pan American Health Organization) – talks about the following:

November is the Month for Obesity Reduction Control, Guidance and Prevention in PR, per Law # 83 of 2003. This Campaign is directed to Parents and Teachers  
How to tell if you are Overweight

Other Measures that help prevent Obesity like exercise, healthy eating habits

Recommended Foods to prevent Getting Overweight:

Fruits, vegetables, nuts, dry fruit, bran, drink water to prevent dehydration

Foods not recommended:

Sugars, foods high in fat, consuming excess of calories

**INFORME ESPECIAL** Sunday December 20, 2020 7:00am Half-hour

Dr. Sheila Justiniano – Clinical Psychologist – talks about depression and/or sadness feelings during the Christmas Season. Sadness is feeling down or unhappy in response to grief, discouragement, or disappointment. Depression is characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

Sheila provides reasons that can cause depression or sadness:

A different Christmas this year (Coronavirus)

Melancholy; Loneliness; Divorce

Loss of a relative or loved one

Sheila also provides some tips on things to do to prevent depression and sadness:

Do things that you love; cook and eat more of the foods you like

Distract yourself; go outside and watch Christmas decorations

Learn to say NO and don't feel guilty about it

The persistent feeling of sadness or loss of interest that characterizes major depression can lead to a range of behavioral and physical symptoms. These may

include changes in sleep, appetite, energy level, concentration, daily behavior, or self-esteem. Depression can also be associated with thoughts of suicide.

### **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.

### **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

### **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.