

KRQZ LOMPOC, CALIFORNIA
QUARTERLY ISSUES FOR JULY THROUGH SEPTEMBER 2023
(KRQZ does not receive any underwriting support for the following)

1. News Programming: 3:20:00 hours each week

- Local and national news coverage, weekday mornings throughout "The RIOT"
@ 40:00 minutes per show (average) = 3:20 hours weekly

2. Public Affairs Programming: 2:07:30 hours each week

- "About U":
Interview clips with sports or music celebrities and local members of the community, dealing with life issues
Airs daily, "Run of station" approximately 85 times each week
85 @ :30 each = 42:30 minutes weekly
- "RadioU Insider":
News program featuring music artist interview clips
Airs daily, "Run of station" approximately 80 times each week
85 @ :60 each = 1:25 hours weekly

3. Public Service Programming: 5:51:00 hours each week

- Public Service Announcements:
Various local nonprofit/educational organizations, both recorded and live announcer
Airs average of 2 minutes per hour, each day
= 5:36 hours weekly
- Long-form Programming:
Please see "Issues Of Public Interest" (below) for details
= 15:00 minutes weekly (average)

A total of 11:18:30 hours of KRQZ Lompoc programming is dedicated to news, public affairs, public service, and issues of public interest each week.

SIGNIFICANT ISSUES OF PUBLIC INTEREST IN LOMPOC, CALIFORNIA
FOR JULY THROUGH SEPTEMBER 2023

(see attached "Ascertainment Programming" sheets for further program content/details)

1.	7/3/23	Living in walking neighborhoods boost your social life	15 minutes
2.	7/10/23	Doctor explains why many get sick near vacation time	15 minutes
3.	7/20/23	Should dogs sleep in your bed – doctors say no	15 minutes
4.	7/24/23	"Precrastinating" may be worse than procrastination	15 minutes
5.	8/3/23	Sucking in your belly could be bad for your health	15 minutes
6.	8/10/23	Credit card debt hits \$1 trillion in the U.S.	15 minutes
7.	8/15/23	Getting more sleep on the weekends doesn't make up for lost sleep	15 minutes
8.	8/21/23	Excessive social media use has similar effects to substance abuse	15 minutes
9.	8/29/23	Best temperature to get the best sleep	15 minutes
10.	9/5/23	Health benefits of "sober September"	15 minutes
11.	9/12/23	Doctor explains why you shouldn't crack your neck	15 minutes
12.	9/26/23	Blue light from phones may cause early puberty	15 minutes
13.	9/27/23	Best nap to enable staying up all night	15 minutes

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 7/3/23

Time aired (from – to): 6:45am to 7:00am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Living in walkable neighborhood's boost your social life

Walkable neighborhood's give you a boost in health and social life

How does living in a walkable neighborhood boost your health?

- Being able to get more steps is good for your health.
- Being more apt to step outside is also good for your health.

How does living in a walkable neighborhood boost your social life?

- Being able to walk around for simple tasks makes you much more likely to interact with others.
- Living somewhere with many neighbors gives you the opportunity to make new friends.

Any other advice?

- Whether you live in a walkable neighborhood or not you should get as much time outside as possible.

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LB - 10/4/23

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 7/10/23

Time aired (from – to): 7:15am to 7:30am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Doctor explains why many of us get sick right around the time we take vacation.

Why are employees getting sick as soon as we go on vacation?

- When the body is used to running on high stress once those levels decrease we are prone to infection.
- Also the last minute cramming of getting all of your work done can exasperate the body.

How can we avoid getting sick right before vacation?

- Getting lots of rest the days leading up to vacation.
- Try to maintain a bit of activity during your vacation like exercise.

Any other advice?

- Do not go from 100-0 when going on vacation try to keep a similar lifestyle intact.

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KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 7/20/23

Time aired (from – to): 7:45am to 8:00am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Should dogs sleep in the same bed as you? Many doctors say no.

Why shouldn't your dog sleep with you?

- Dogs who already display signs of disobedience and dominance should be required to sleep in a kennel or dog bed. Sleeping with you can make behavior problems worse.
- Infectious diseases are a hazard. Dogs often step in or eat feces. There is a possibility of your pet transmitting bacteria or parasites like salmonella or heartworms to you.

What are the pros to your dog sleeping with you?

- It creates a comforting routine, preventing your dog from feeling scared and lonely.
- Being a pet parent has many physical and mental health benefits, so sleeping with your dog increases the amount of time you spend together

Any other advice?

- At the end of the day it's your decision and every situation is different when it comes to pets.

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 10/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 7/24/23

Time aired (from – to): 8:45am to 9:00am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Precrastinating may be worse than procrastination.

What is precrastinating?

- Rushing to get work done as soon as you get it.
- The opposite is well know which is procrastination that is waiting till the last second to get work done.

Why is precrastination worse?

- Many times when you try to rush to get work done as soon as it is assigned you may not be able to fully contemplate your assessment of the assignment.
- Also when you finish right away it does not always give you time to fully assess what the assignment was in the first place.

Any other advice?

- It is good to get your work done on time but it is not always a benefit to get it done as soon as you receive it.

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KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 8/03/23

Time aired (from – to): 8:00am to 8:15am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Sucking in your belly could be bad for your health

How is sucking in your belly bad for your health?

- The first reason is due to certain congenital conditions which cause the abdominal muscles to develop incorrectly, leading to muscle imbalances.
- It also could also be a cause of poor posture.

Are the effects?

- Treating the muscular imbalance through exercises that strengthen all of the core muscles will help.
- Activities such as yoga or pilates are also likely to be beneficial in relaxing the muscles.

Any other advice?

- Sucking in your stomach can seem beneficial based off of appearance but for long term health impact it is not.

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LPS 10/17/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 8/10/23

Time aired (from – to): 7:30am to 7:45am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Credit Card Debt hits 1 trillion in the US

Why is the US Credit Card Debt so high?

- It is in large part due to inflation.
- As the Federal Reserve has increased interest rates at a record pace, banks have followed suit.

Is it okay to be in a lot of credit card debt?

- Credit card debt is one of the most difficult forms of debt to escape due to the high interest rates.
- It is best to try to have as little debt as possible.

Any other advice?

- Many US citizens are in a lot of debt but that does not mean you should take on unnecessary debt.

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KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 8/15/23

Time aired (from – to): 7:15am to 7:30am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Getting more sleep on the weekends does not make up for lost sleep during the week.

Why can't you catch up on sleep on the weekends?

- The stress that you put on your body during the week cannot be taken away by getting more sleep on the weekend.
- Lack of sleep hurts your cardiovascular system which cannot be fixed after it is done.

What can you do to help catch up on sleep?

- Consistently get enough sleep throughout the week so your body is not stressed for days at a time.
- Taking naps can also be a sufficient way to give your body extra rest.

Any other advice?

- Sleep is one of the most important things in life, don't mess it up!

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WJF - 10/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 8/21/23

Time aired (from – to): 7:00am to 7:15am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Excessive social media use has many of the same effects as substance abuse.

Why is excessive social media use so bad for you?

- A recent study has found that it can be as addicting as substance abuse.
- An addiction to something this serious can result in lack of sleep and productivity.

What are the warning signs of excessive social media use?

- One of the biggest red flags is when the excessive use of social media platforms interferes with other daily activities.
- We might also see concerning levels of distress when they can't use social media.

Any other advice?

- Slowly start to use social media less to help yourself pull away from the addiction but not all at once.

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HPS - 12/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 8/29/23

Time aired (from – to): 6:00am to 6:15am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Best temperature to get the best sleep.

What is the best temperature to sleep at?

- Between 68 and 77 degrees was deemed the best temperature to sleep at.
- This temperature resulted in the best and deepest sleep.

Why has temperature taken over sleep quality?

- At certain temperatures the body becomes uncomfortable forcing worse sleep.
- Different bodies react to different temperatures in different ways so test new temperatures for your bedroom.

Any other advice?

- Slowly start to use social media less to help yourself pull away from the addiction but not all at once.

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WPS 12/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 9/5/23

Time aired (from – to): 7:00am to 7:15am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Health benefits of sober September

Why are people doing sober september?

- The end of the summer gives people a chance to slow down on drinking activities.
- It's also a time for people to start saving money after a big spending summer.

Health benefits of sober september?

- It can be a reset for your mental, physical, and social life.
- It also can be a kickstarter for weight loss into the Holiday season.

Any other advice?

- Sober September gives everyone a chance to slow things down and refocus after a busy and expensive summer.

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WJS - 10/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 9/12/23

Time aired (from – to): 8:00am to 8:15am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Doctor explains why you shouldn't be cracking your neck

Why is it dangerous to crack your neck?

- Chiropractors can manipulate your neck and have you end up having a vertebral artery dissection that causes you to have a stroke.
- Hypermobility syndrome can cause people to flex their neck "too much" and injure themselves

Is there a right way to crack your neck?

- If you feel your neck must be cracked you should go to a chiropractor or your doctor to see if this procedure is a must.
- You should never crack your neck yourself.

Any other advice?

- Many people feel cracking their neck can relieve stress but the possible dangers are too dangerous to attempt.

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WJA - 10/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 9/26/23

Time aired (from – to): 8:45am to 9:00am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Blue lights from phones may cause early puberty

Why are blue lights causing early puberty?

- Blue light is well-known to disrupt the circadian rhythm by suppressing the production of the sleep hormone melatonin causing stress.
- Also the study found with more exposure to blue light the earlier puberty sets in.

Where are kids getting access to blue light?

- From phones to laptops kids have access to blue light everywhere.
- Kids are exposed to blue light more now than ever before.

Any other advice?

- This is not proven to be harmful to children but is something to keep in mind as they develop.

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HPJ - 10/4/2023

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
(to be filed in Public Access File)

Date aired (MM/DD/YY): 9/27/23

Time aired (from – to): 8:15am to 8:30am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Best nap to stay up all night

How should you nap if you want to stay up all night?

- You should take a 90 minute nap followed by a 30 minute break then a 30 minute nap.
- This will give your body the most immediate energy to endure more work.

Who would want to use this?

- Many people who work late night shift get nap breaks throughout the night and this is the best way to utilize those.
- Also if you are driving long distances.

Any other advice?

- Staying up all night is hard on your body so make sure you only use this technique if necessary.

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WPS 10/4/2023