

KRQZ LOMPOC, CALIFORNIA

QUARTERLY ISSUES FOR OCTOBER THROUGH DECEMBER 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: 5:52:09 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
= 16:09 minutes weekly (average)

A total of 11:19:39 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 OCTOBER THROUGH DECEMBER 2023

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

1.	10/3/23	Health: TikTok bone smashing trend deemed dangerous by doctors	15 minutes
2.	10/6/23	Pet health: Is your dog struggling with mental health	15 minutes
3.	10/11/23	Food safety: California first to ban "toxic" food additives	15 minutes
4.	10/20/23	Health: Sitting in a hot tub could be as beneficial as running	15 minutes
5.	10/27/23	Food habits: Children are eating more when they are bored	15 minutes
6.	11/2/23	Health: Why you should be taking cold showers	15 minutes
7.	11/6/23	Pet health: More than half of cats are overweight	15 minutes
8.	11/16/23	Work productivity: Avoiding the after-lunch productivity slump at work	15 minutes
9.	11/17/23	Health: People get better sleep during the holidays	15 minutes
10.	11/20/23	Pet health: Dangerous dog respiratory sickness	15 minutes
11.	12/1/23	Health: Wellness goals may be your key to a healthy lifestyle in 2024	15 minutes
12.	12/5/23	Mental health: Suicide rates are lower during the holidays	15 minutes
13.	12/14/23	Mental health: The world is safer than Americans realize	15 minutes
14.	12/18/23	Mental health: Why stress is so high during the holidays	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): 10/3/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: The bone smashing trend on TikTok is deemed dangerous by many doctors

What is the bone smashing trend on TikTok?

- “Bone smashing” is the practice of repeatedly hitting one’s bones, typically the cheekbones or jawbones, with a hard object like a hammer, to create micro-fractures in the hope that the bone structure will heal in a more attractive shape.

Why is bone smashing so dangerous?

- Experts warned that broken or fractured bones will heal on their own but may not heal correctly and cause disfiguration.
- Mouth taping or chewing on jaw toners — which he noted can actually destroy your jaw joint.

Any other advice?

- If you’re not given the genetics to have a strong jawline, unfortunately, you have to see a professional.

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HJ 10/3/23

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 10/6/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Is your dog struggling with mental health

Top ways to make your dog sad?

- Giving your dog insufficient exercise.
- Yelling at your dog for things they don't understand.

How can you do a better job of keeping your dog happy?

- Only scold them for things they understand they did wrong.
- Depending on your breed, give them more exercise if needed everyday or some sort of enrichment activity.

Any other advice?

- Dogs have feelings like humans and if they are constantly in a sad state it is not good for their mental health.

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h/s 11/3/2024

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 10/11/23

Time aired (from – to): 6:30am to 6:45am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Newsom signs bill to make California first state in nation to ban 'toxic' food additives

What food additives did they ban?

- The California Food Safety Act will ban the manufacture, sale or distribution of brominated vegetable oil, potassium bromate, propylparaben and red dye No. 3, potentially affecting 12,000 products that use those substances.

What brands have already taken a stance on these additives?

- Brominated vegetable oil was previously used in Mountain Dew, but Pepsi Co. has since stopped using it in the beverage.
- Many major brands and manufacturers including Coke, Pepsi, Gatorade and Panera have voluntarily stopped using the additives because of concerns about their effect on human health.

Any other advice?

- A similar bill, which would ban the same four chemicals plus titanium dioxide, is making its way through committee in the New York Legislature.

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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): 10/20/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Sitting in a hot tub could be just as beneficial as running.

What are some of the advantages to sitting in a hot tub?

- Hot tubs can improve mood, heart rate, blood pressure, blood flow, cortisol, thermal perception and anxiety.

How is sitting in a hot tub similar to running?

- The blood flow increase to your legs when sitting in a hot tub is similar to a 30 minute jog.
- Also the hot tub can help you fall asleep easier at the end of the day due to temperature change similarly to the exhaustion of exercise.

Any other advice?

- There are many advantages to using a hot tub but the hot tub is not a complete replacement to exercise.

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MS 10/20/23

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 10/27/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Children are eating more when they are bored.

Why are children eating more when they are bored?

- Often when children experience negative emotions such as boredom or sadness, adults will use food to soothe them.
- Emotional feeding appears to enhance the likelihood of children eating more when they are upset, potentially teaching children to seek food when their mood is low.

How can you stop boredom eating?

- Work to keep your children more engaged throughout the day.
- If boredom does happen try to redirect them to a more positive down time.

Any other advice?

- Eating habits are started at a young age and can influence them for the rest of their life, get them off to a good start with good eating habits.

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NZY 1/3/2024

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 11/2/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Why you should be taking cold showers.

How are cold showers beneficial?

- When you're in cold water, your brain is too busy focusing on making the unpleasant sensation go away rather than thinking about all the reasons you are unhappy or stressed.
- Cold water can give you a beauty boost by tightening your pores and adding shine to your hair.

How long do you need to be in the cold water for?

- People who took a cold shower for just 30 to 90 seconds for 90 days called in sick to work 29% less than people who didn't take the plunge.
- Just one minute in cold water can engage your brown fat cells and help you lose weight.

Any other advice?

- One cold shower a day can change a myriad of things in your day to day life.

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LPS 1/3/2024

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 11/6/23

Time aired (from – to): 8:30am to 8:45am and 11:30am to 11:45pm

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: More than half of cats are overweight

What are some of the downfalls to your cat being overweight?

- This growing issue has a link to various health complications, including diabetes and chronic inflammation.
- As cats gain weight, their gastrointestinal transit time decreases, leading to reduced digestive efficiency.

How can we manage our cats weight better?

- A feeding routine as well as less out of routine snacks.
- If your cat is already overweight daily exercise is extremely important for cats trying to lose weight.

Any other advice?

- Your pets weight is extremely important and it is on you as the owner to manage that.

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MSJ - 1/3/24

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 11/16/23

Time aired (from – to): 6:30am to 6:45am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: When do people struggle at work during the day

What time does the wall usually hit people at work?

- 2:36 is when the average person decreases the amount of work they accomplish.
- After the typical workers lunch break in the afternoon there is a serious dip in productivity.

How can we avoid this slump?

- Diet and nutrition is important what you eat at lunch can impact your energy levels,
- Also lack of sleep or water intake can impact this as well.

Any other advice?

- Many people struggle to continue an entire workday productive, how you treat your body can vastly change your productivity levels.

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Hudson - 1/3/2024

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 11/17/23

Time aired (from – to): 8:30am to 8:45am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: People get better sleep during the holidays

How are we sleeping better during the holidays?

- People are more likely to nap during the holidays resulting in more sleep.
- The holidays are a busier season resulting in people being more exhausted and deeper sleep.

Why is it important to get good sleep during the holidays?

- The holidays are a stressful time without good sleep you could end up becoming even more stressed.
- The change in seasons is a big time for people to get sick and sleep is vital to stay healthy.

Any other advice?

- Sleep is one of the most important aspects of life, make sure you're taking care of your body with rest.

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NSJ - 1/3/24

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 11/20/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Dangerous Dog Sickness

What is the sickness that is endangering our dogs?

- A respiratory sickness is very serious and contagious for our pups.
- Symptoms of respiratory illness in dogs include coughing, sneezing, nasal or eye discharge and lethargy. Some cases of the pneumonia can progress quickly, making dogs very sick within 24 to 36 hours.

What can we do to keep our dogs safe?

- It's very important to make sure that the animals are properly vaccinated or have a great diet.
- Also during this time period less contact with other dogs could be beneficial.

Any other advice?

- Your dog's health is your responsibility, put them in places to succeed health wise.

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MJ31 - 1/3/2024

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 12/01/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Wellness goals may be your key to a healthy lifestyle in 2024

What kind of goals seem to work better?

- Long term goals give people a better chance at achievement.
- Hygiene is also important for people to focus on when making goals in 2024 as a good way to improve lifestyle.

What goals are Americans choosing in 2024 to improve their life the most?

- Drinking more water can not only improve your daily routine but also your immune system.
- Daily vitamins and supplements also are a good way to improve immunity.

Any other advice?

- Goals are a good way to improve your health and daily routine in 2024.

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HBY 1/3/24

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
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Date aired (MM/DD/YY): 12/05/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Suicide rates are actually lower in the holiday season

Why do people often believe suicide rates are higher during the holidays?

- News stories that connected the holidays with suicide, 40% incorrectly supported the myth that suicides increase during the holidays.
- More than half of American adults incorrectly label this time as the most depressing.

What can we do to change the stigma around the holidays?

- Spread awareness about other times of year when suicide rates do increase like June, May, and July.
- Increase positive interactions year round.

Any other advice?

- Suicide is an important thing to raise awareness of year round and it should be talked about across the entire year.

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H. Z. 1/3/24

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 12/14/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: The world is safer than Americans realize

Why do Americans think that the world is more dangerous now than before?

- Despite risk analysis research demonstrating that we live in one of the safest times ever, Gen Z experiences a disparity in risk assessment from their older counterparts, essentially having the perception that risk is everywhere they turn.

Is this taught or learned behavior?


- Americans are told from a young age that the world is ending, that climate change is going to destroy the planet and that they are in constant danger when in reality this is the safest the planet has been in nearly 60 years.

Any other advice?

- It is important to be safe in your day to day life but do not live your daily life in fear.

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 1/3/2024

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 12/18/23

Time aired (from – to): 6:30am to 6:45am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Why is stress so high this holiday season

Why is stress higher this holiday season?

- Inflation has made it more stressful for families to buy gifts and spend extra money.
- Travel is also causing more stress this year due to extra expenses and possible mistakes.

How can this impact the season as a whole?

- Extra stress can impact how you treat family members during the holiday season.
- Extra stress can result in a lower quality buildup to the holiday season.

Any other advice?

- Holiday stress is bound to happen, try to keep it at a minimum and treat others respectfully even in stressful situations.

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HJB 1/3/24