

KRQZ LOMPOC, CALIFORNIA

QUARTERLY ISSUES FOR OCTOBER THROUGH DECEMBER, 2020

(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 R!OT"
@ 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 OCTOBER THROUGH DECEMBER, 2020

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

1.	10/9/2020	Going to the gym during COVID-19	15 minutes
2.	10/9/2020	World Mental Health Day	15 minutes
3.	10/23/2020	Adopt A Pet Shelter Month	15 minutes
4.	11/2/2020	Prepping your ballot for tomorrow's election	15 minutes
5.	11/4/2020	What is the Electoral College and how does it work?	15 minutes
6.	11/9/2020	Donating plasma during COVID-19	15 minutes
7.	11/11/2020	Veteran's Day 2020	15 minutes
8.	11/19/2020	Facebook Christmas gift exchange scams	15 minutes
9.	11/27/2020	Thanksgiving leftovers and longevity	15 minutes
10.	12/3/2020	US CPSC guidelines for a safer Christmas	15 minutes
11.	12/4/2020	Social distancing, masks, and avoiding COVID-19	15 minutes
12.	12/15/2020	CD Projekt Red, lawsuits, and refunds	15 minutes
13.	12/17/2020	The COVID-19 vaccine and trypanophobia	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): 10/09/20

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

Program host(s): RIOT with Obadiah and Nikki

Program Topic: Going to the Gym during COVID-19

Is it safe to go to the gym during the COVID pandemic?

- "Safe" is a relative term.
- Going to the gym is allowed in certain areas during COVID.
- It is considered a high risk activity because COVID spreads through droplets exhaled while breathing.
- The rapid, deep breathing that occurs during exercise makes the gym a place for potential COVID infection.

If I decide to go, how do I lower my risk?

- First and foremost, check with your gym about the precautions that they have in place.
- Make the plans to follow this rules when you get there.
- Wash your hands with soap and water or use hand sanitizer when you get into the workout area.
- Wear a mask.
- Your mask should be worn when not actively exercising.
- This means that you put your make on in-between sets.
- Clean the workout machine or weights before and after your workout.

Is there anything else I can do?

- Wash your hands again after leaving the workout area.
- Change your clothes and shower after your workout.
- Consider working out at home or even outdoors if possible.
- For example, instead of running on a treadmill, you could run through your neighborhood or at a park.
- Maintain your distance from others whether you are outside or inside.

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WBF - 1/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 10/09/20

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

Program host(s): RIOT with Obadiah and Nikki

Program Topic: World Mental Health Day

What is World Mental Health Day?

- It is a day set established by the World Health Organization that happens every October 10.
- Countries, states, cities, and other local organizations have Mental Health Days but this is one that is attempting to unify attention around the world.
- It is a day that provides an opportunity to bring the conversation about mental health to the forefront.
- It is also designed to lower the stigmatism of needing mental health assistance so that those who need help can get it.


How important is mental health?

- It is an enormous factor in overall health and is taking a hard hit this year due to the pandemic.
- The most common mental disorder is a mixture of depression and anxiety.
- It is found in nearly 1 in every 5 person under the age of 20.
- 1 in 10 people will experience depression in their lifetime.
- Due to COVID, we are seeing statistics that are almost double this year what they would normally be.
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What are things I can do to improve my mental health?

- Exercise often and every day if possible.
- Limit sugar intake and avoid alcohol.
- Find someone you trust and talk about your feelings. This may mean visiting a counselor.
- Be willing to take a break or even a day off if you need one.
- Helping others who are struggling can even help you.
- Ask for help if you need it. Talk to a friend and if they can't help, seek a professional.

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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): 10/23/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Adopt a Shelter Pet Month

What is Adopt a Shelter Pet Month?

- It happens through the entire month of October.
- It is a month to encourage people to adopt animals from a shelter.
- Many shelters offer discounts on adoptions this month.
- It is also a month to raise awareness for animals that have been abandoned and are in need of a home.

How can I get involved?

- You can do a Google search to find shelters in your area.
- Websites often have helpful information or contact information so you can reach out.
- You can also find a participating shelters where you can adopt a pet.
- It's not just a month. It is a movement.
- You can tell your friends and family members about shelter animals and post updates about shelters in your community.

Is there anything else I should know?

- In its first year, over 10,000 pets were adopted.
- It is the hope that this year will set new records.
- If there is not a participating shelter this year, contact them early about participating next year.
- Even if someone in your area is not participating, consider visiting that shelter during Adopt a Shelter Pet month and letting them know why you are there.

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LBJ - 1/5/21

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PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
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Date aired (MM/DD/YY): 11/02/20

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

Program host(s): RIOT with Obadiah and Nikki

Program Topic: Prepping Your Ballot for Tomorrow's Election

Do I need to have my ballot ready before I go vote?

- No, you can show up and do all your voting on site.
- What we are talking about is taking the time to make sure that you are informed about the issues before going to the polling location.
- This will not only make your voting process go more quickly but it also assures that you are voting the way you want to.

Where can I find information on the issues other than Google?

- You can start by finding the Board of Elections in your area.
- The BoE normally posts the ballot early so you can make some informed decisions.
- Many newspapers and news outlets will allow candidates to post answers to questionnaires on their website which can make voting easier.
- Some websites will even allow you to "vote" in advance and print out your choices so that you can take a cheat sheet with you to the polling place.
- This is also something that can be found through your local board of elections.
- Each political party also puts out information on their candidates.

Is it too late for me to register?

- This will largely depend on the area you live in.
- Register today and at least you will be sure that you can vote in the next election if not this one.
- Being registered isn't enough: you will also need to be certain to go to the correct polling place or voting location.
- This can also be found through the Board of Elections in your area.

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 11/2/21

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PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 11/04/20

Time aired (from – to): 6:15am to 6:30am

Program host(s): RIOT with Obadiah and Nikki

Program Topic: What is the Electoral College and How Does It Work?

If America is a democracy, why do we have an Electoral College?

- America is not a direct democracy.
- America is a republic.
- A republic is a form of government in which the citizens elect leaders and the leaders then represent the people in the government.

So American's don't really elect the President?

- Americans do not directly elect the President.
- Each state holds a Presidential election with one candidate winning.
- The winner of the popular vote in each state wins that state's electoral votes.
- These votes belong to the Electoral College and it elects the President.

What is the Electoral College?

- It is a group of representatives from each state that actually cast the ballots that elect the President.
- The number of Electors that each state gets is determined by the combined number of Representatives and Senators from that state.
- When a candidate wins a state, they receive all the votes from that state.
- Once a majority of votes is won in the Electoral College (even if they do not win the popular vote) that candidate becomes President.

Why use the Electoral College instead of just a popular vote?

- The Electoral College exists for the same reasons that there are two houses of Congress.
- This prevents larger states from having complete control of the government.
- It is a compromise that gives more votes for larger states but an equal number of votes for smaller states.

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HBL 11/5/20

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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Date aired (MM/DD/YY): 11/09/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Donating Plasma during COVID

Are plasma donations still happening?

- Yes, it is still happening.
- It isn't really a donation.
- You actually get paid for a donation.

What is different about donating during the pandemic?

- You will be tested for COVID in order to donate.
- If you are free of COVID, you can donate as normal.
- If you have had COVID, you will receive extra money for your donation.
- Many plasma centers are actively looking for recovered COVID patients for donation.

What is the difference between giving plasma and blood?

- When you give blood, that blood is given entirely to another person.
- When you give plasma, that plasma is separated from your blood.
- The blood cells are often returned to the donor.
- The separated plasma is often used in pharmaceutical products.
- This means that it is monetized.
- This is why money is often given for plasma donations.

Is it still safe?

- Theoretically, yes.
- It will depend on the care and cautiousness of your local clinic.
- Talk to them about what they are doing to prevent COVID spread in your area.
- Ultimately, the decision of whether your local clinic is safe enough will be up to you.

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 11/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

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

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Veteran's Day 2020

What is the history behind Veteran's Day?

- Veteran's Day is celebrated on the anniversary of "Armistice Day".
- This was the day when fighting ceased in World War I
- It is now celebrated the 11th day of the 11th month which is November 11.

How is it celebrated?

- As a federal holiday, all federal services are limited to "essential" personnel.
- The Postal Service is closed as well as most banks.
- Some states (though not all) mark it as a holiday and celebrate by closing for the day.
- Churches and veteran's associations typically host events ranging from dinners to candle light vigils.
- Checking local community centers, churches, and the VA in your area are good ways to find information on local celebrations.

Does anything special happen for Veterans?

- Businesses typically will offer free meals to service members both active and former.
- Check in your area for restaurants who observe Veteran's Day.
- Even those not offering free meals typically offer discounts of some kind on food or services.
- If you have served, do not be embarrassed to receive some benefits today. Accept the thanks of a grateful nation.

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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): 11/19/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Facebook Christmas Gift Exchange Scams

What is a gift exchange scam?

- It is something that appears on social media this time of year.
- The idea is that you will send a \$10 gift to someone who's name is at the top of a list.
- Your name is then added to the bottom of that list.
- Everyone who gives, has their name added to the bottom of the list.
- As long as the chain continues, your name moves up the list.

It seems like it would work. What is the problem?

- It is mathematically impossible for everyone to receive the promised large number of gifts in return.
- Even if your name reaches the top of the the list, those below you are getting ripped off.
- This is a form of pyramid scheme and is actually illegal.

Are there any legitimate gift exchanges out there?

- Yes, there are "Secret Santa" programs on the web.
- One of the most renowned is the one that is done by Reddit each year.
- Make sure that you do plenty of research before you get involved.
- Do not give your personal or financial information to anyone.
- Be skeptical of anything you find online and look at it very carefully before you participate.

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LPS 1/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
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Date aired (MM/DD/YY): 11/27/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Thanksgiving Leftovers and Longevity

How long can I expect my leftovers to last?

- The general rule for food of all kinds is three to five days.
- Thanksgiving leftovers can be a little different.
- Each different food can have a varying shelf life from the others.

How long can we eat turkey?

- First, the leftover turkey should be refrigerated two hours after cooking.
- Take the meat off the bones before refrigerating.
- It should be left in empty, shallow pans in the refrigerator so it can cool faster.
- It should not be eaten after four days.
- To prolong its life you can freeze it. Frozen turkey can last two to six months in the freezer.

What about some of the sides?

- Homemade gravy gets two days in the fridge and two months in the freezer.
- Cranberry sauce is good for seven to fourteen days.
- Mashed potatoes, yams and green bean casseroles are good for three to five days in the fridge, or 10 to 12 months in the freezer.
- Most leftovers can be reheated and re-chilled numerous times within four days of initial cooking.

What about desserts?

- A baked pumpkin pie can be left in the fridge for three to four days, or one to two months in the freezer.
- Baked apple pies can stay in the pantry for up to two days, and then an additional two or three days in the refrigerator.

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 11/27/20

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 12/03/20

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

Program host(s): RIOT with Obadiah and Nikki

Program Topic: US Product and Safety Commission Guidelines for a Safer Christmas

Why do we need safety guidelines for Christmas?

- Christmas is full of unique activities which can lead to unique dangers and opportunities for injury.
- Over 14,000 people visited in the emergency room in North America with Christmas related injuries last year.
- Forty percent of those injuries are from falls sustained on ladders.

Ladder falls make sense but what other dangers are associated with Christmas?

- There is an increased risk of fire during the Christmas season.
- Candles are the biggest risk factor.
- Over 100 fires were caused last year by Christmas trees getting too dry.
- There was a total of almost \$70 million in damages due to tree and candle fires during the holidays in 2017.

What sort of precautions can be taken to prevent some of these dangers?

- Place trees away from vents, fireplaces, and radiators.
- If you buy a live tree, make sure it is fresh.
- If it isn't green all over, it is too dry.
- Central heat causes trees to dry out faster so make certain that you are constantly refreshing its water.
- Only buy artificial trees that are labeled as fire resistant.
- Always extinguish candles before leaving a room.
- Keep candles on stable, heat-resistant platforms that are out of the reach of children.

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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): 12/04/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Social distancing, masks, and avoiding COVID-19

What are things I can continue to do to avoid COVID-19?

- The single biggest thing you can do to keep yourself safe is to stay at home and avoid unnecessary public activity.
- In addition to staying at home, wash your hands.
- Wash your hands frequently, multiple times per day and absolutely every time you come home.
- Social distancing is also a large part of helping.

Have social distancing guidelines changed?

- Social distancing means that you keep yourself at least 6ft away from other people.
- No, the guidelines for it have not changed.
- Be cautious and only physically interact with others when it is absolutely necessary.

Is all the mask wearing really necessary?

- Despite personal feelings, masks have been mandated in many parts of the country.
- Studies continue to show that they are a good deterrent in the spread of the disease.
- Masks are not 100% effective but this does not mean they do not help.
- When combined with social distancing and hand washing, the cumulative effect is a reduction in the spread of COVID-19.

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WAS - 1/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 12/15/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: CD Projekt Red, Lawsuits, and Offering Refunds

What is CD Projekt Red?

- They are a video game development company in Poland.
- They are the largest developer in Europe and the second largest in the world.
- They are the creators of The Witcher and Cyberpunk 2077.

What is Cyberpunk 2077?

- Cyberpunk is their latest game that has just released.
- It is considered the most anticipated release of the year.
- It has broken records with pre-sells.

Why are they offering refunds?

- While it is hugely anticipated, Cyberpunk is also severely broken.
- On last-generation consoles such as the Playstation 4, the game is considered unplayable.
- There is a group considering a class action lawsuit.
- Video games are typically very difficult to return because most retailers will not accept a return once it is open.
- This is also true digitally as digital purchases are typically not refundable.
- As a way to save face and avert legal action, they are allowing all customers to return the game.

How can I get my refund?

- You can return your game to the store where it was purchased.
- If you bought the game digitally, you can return it through your e-tailer.
- Some stores do not have a return policy in place so you may need to talk with them and, in some cases, wait until they have something set up.

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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): 12/17/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: The COVID-19 Vaccine and trypanophobia

What is trypanophobia?

- Trypanophobia is the fear of needles.
- This fear extends to all needles and not just having blood drawn.
- Some fear of a needle is natural, but this is a phobia that goes before the natural aversion to pain.

How common is this fear?

- About 25% of adults are afraid of needles but only about 7% reach the “phobia” level of this fear.
- Sixteen percent of adult patients avoid getting vaccines because of a fear of needles.
- This includes 26% of health care workers.

How does this relate to COVID-19?

- The COVID-19 vaccine is only available through an injection.
- Injections (obviously) involve needles.
- If a person is afraid of needles and avoids the vaccine, they are potentially putting themselves at risk.

What are things we can do to overcome our fear of needles?

- Practice deep breathing and visualize yourself in a comfortable place.
- Think about why you are doing it.
- The outcome may be worth the momentary fear and pain.
- Distract yourself by closing your eyes or finding something on the wall to stare at.
- Don't watch the injection. Keep your eyes on something else.

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