

**KRQZ LOMPOC, CALIFORNIA**  
**QUARTERLY ISSUES FOR JANUARY THROUGH MARCH 2024**  
(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 JANUARY THROUGH MARCH 2024**

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

1.	1/5/24	Winter storm preparedness	15 minutes
2.	1/11/24	YouTube will help with first aid in an emergency	15 minutes
3.	1/17/24	Shoveling snow can be dangerous (heart health)	15 minutes
4.	1/26/24	Energy drinks can disrupt sleep patterns	15 minutes
5.	2/5/24	Nasal bacteria can lead to Alzheimer's	15 minutes
6.	2/6/24	Flesh eating bacteria in the U.S.	15 minutes
7.	2/9/24	Eating ten meals a day can promote weight loss	15 minutes
8.	2/14/24	CDC dropping COVID five-day isolation guidelines	15 minutes
9.	2/19/24	"Popcorn brain" impacting everyone on social media	15 minutes
10.	3/4/24	Soda can completely eliminate exercise progress	15 minutes
11.	3/5/24	Obesity now a greater risk to the world than hunger	15 minutes
12.	3/11/24	Daylight saving time could be dangerous	15 minutes
13.	3/12/24	Headphones can harm hearing	15 minutes

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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

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Date aired (MM/DD/YY): 1/5/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Winter storm preparedness

What are the best steps to take to make sure you're ready for a winter storm?

- Test your heating before the extreme cold comes.
- Have at least 3 days of food and drinks stored.

What are common things people forget when preparing?

- If you have babies or pets make sure their needs are accounted for when preparing for a multi day storm.
- Make sure your car is prepped with a full tank of gas if you do have to leave the house.

Any other advice?

- Always assume your electricity will go out, as that is usually the biggest problem for homes.

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*HPJ - 1/1/2024*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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

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Date aired (MM/DD/YY): 1/11/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Youtube will help you with first aid in an emergency

Why is Youtube changing it's policy on emergency videos?

- To make sure that the correct certified videos are shown at the top of the choices.
- To ensure quick safety for those in need of help in an emergency.

What can you do to make sure you get correct help from Youtube in an emergency?

- Be specific when searching for situational help.
- Make sure the video you select to watch is credited and certified.

Any other advice?

- Youtube is not the first place to go for an emergency but can be helpful if credible help is too far away.

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*Handwritten signature and date: NPB - 4/1/2024*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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

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Date aired (MM/DD/YY): 1/17/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Shoveling snow can be dangerous

How can shoveling snow be dangerous in the winter?

- Snow shoveling has shown to increase the chance of heart attacks in the winter time.
- Snow shoveling has shown to be one of the most dangerous acts in the wintertime due to icy conditions and falling.

What age demographic should not shovel snow?

- For anyone over the age of 60 years old it is highly recommended to not shovel this winter.
- Shoveling snow has shown an increase in danger for heart issues for older citizens.

Any other advice?

- There are many services to help clear snow from your house to take advantage of.

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*WBF - 1/17/2024*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 1/26/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Energy drinks can disrupt your sleep patterns?

How many energy drinks is too many to hurt your sleep?

- As low as 1 energy drink per month can disrupt your sleep patterns at night.
- If you drink energy drinks in the afternoon or at night it can impact your sleep greatly.

What impact do they have on your sleep?

- Energy drinks can keep you from entering into REM sleep.
- As well as the time that you actually fall asleep will be later than your body needs.

Any other advice?

- Your body is telling you that you are tired for a reason try not to push your body past it's limits with stimulants.

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*Hudson* - 1/26/24

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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

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Date aired (MM/DD/YY): 2/5/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Picking your nose can lead to Alzheimer's?

How can picking your nose be so dangerous?

- It was shown that some pathogens likely enter through the nose directly to the brain from nose picking.
- Picking your nose can enter harmful bacteria into your body.

What can you do to stop?

- If you struggle with picking your nose it can often be derived from another issue, like not blowing your nose when you feel necessary.
- Stop your children from forming this habit at a young age.

Any other advice?

- Your nose is a dangerous place for bacteria to enter your body as it is so close to your brain.

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*WJH - 2/5/24*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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

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Date aired (MM/DD/YY): 2/6/24

Time aired (from – to): 7:15am to 7:30am and 10:15am to 10:30am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Flesh eating bacteria in the US

In which area of the US should we mainly take extra precautions?

- In three east coast states there were major increases in cases, Connecticut, New York, and North Carolina.
- If you are in this area vacationing you should take extra precautions.

What is the bacteria from?

- The bacteria that causes the disease, *Vibrio vulnificus*, can be found in raw or undercooked seafood.
- If ingested it can result in gastrointestinal infection with symptoms of watery diarrhea, vomiting, fever, and even sepsis.

Any other advice?

- In the summertime make sure you are aware of the risks of eating seafood at places you are not familiar with.

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*NBF* 1/1/24

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 2/9/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Eating 10 meals a day can help you lose weight faster

How could eating more meals in the day help you lose weight?

- By splitting up your calories throughout the day you are less likely to overindulge later in the day.
- Splitting up your meals helps you feel more full as the day goes on and can help you focus on individual nutrition.

How can this impact your body?

- Eating smaller meals throughout the day helps your body digest the food at a more frequent rate.
- Also getting 10 meals in means you must start in the morning so it will kickstart your metabolism and help you burn calories earlier.

Any other advice?

- Make sure your meals are strictly nutritional and have good benefits not easy snacks.

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 2/1/2024



KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 2/14/24

Time aired (from – to): 6:00am to 6:15am and 9:00am to 9:15am

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: CDC dropping COVID 5 Day isolation guidelines

Why are they changing the rules for COVID's guidelines?

- Since cases have plummeted post vaccine the state of emergency is not nearly as high for COVID.
- Thus changing guidelines so that we can better equip the world post pandemic.

How should we treat COVID from here on out?

- COVID has similar guidelines to the regular flu.
- Stay home if you are feeling unwell and keep distance from others.

Any other advice?

- If you are sick make sure you are taking care of yourself and others that could be of risk.

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*WBS* 2/1/2024

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 2/19/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Popcorn brain is impacting everyone on social media.

What is popcorn brain?

- Popcorn brain refers to the tendency for our attention and focus to jump quickly from one thing to another, like popping corn kernels.
- It can become more prevalent when using social media such as TikTok.

How can we improve popcorn brain?

- You can improve it by doing exercises to strengthen your attention span like focusing on one task at a time and not always multitasking.
- Or limiting tech usage to just certain parts of the day.

Any other advice?

- A lack of attention span is a big issue in your life and the ramifications can cause a major loss in productivity.

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KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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

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Date aired (MM/DD/YY): 3/4/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Soda can completely eliminate your exercise progress.

How much soda can hurt your exercise progress?

- Just two cans of soda per week can eliminate your exercise you've done.
- The amount of sugar and calories are hard to overcome for a typical exercise week.

What should you drink instead?


- Artificial sweeteners didn't have the same impacts as regular pop.
- But water remains to be the best source of hydration especially when exercising regularly.

Any other advice?

- What you put into your body can be just as important if not more than how much you workout your body.

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 3/4/24

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 3/5/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Obesity now a greater risk to the world than hunger.

Is this good for the world that hunger is less of a risk?

- Yes the amount of children and adults that lacked food sources has declined.
- Thanks to organizations helping the hungry the amount of people in the world left with no food has drastically changed.

How bad is this for obesity?


- The rate of people that are overweight has never been higher.
- Being overweight comes with a multitude of health issues that puts us at a huge risk.

Any other advice?

- Being overweight for many people has to do with personal choice such as food consumption and exercise help your body stay healthy.

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 - 4/1/2024

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 3/11/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Daylight savings time could be dangerous?

How is Daylight savings time dangerous?

- It can lead to heart attacks, strokes, and car accidents.
- Getting your body out of its normal groove of sleep can have big impacts on an older person's body.

How can you help yourself from being at risk?

- Making sure you are getting enough sleep.
- Don't push your body too hard when starting a new schedule.

Any other advice?

- Your body needs rest to be healthy make sure your prioritize what your body is telling you it needs.

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*WJL - 4/1/2024*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 3/12/24

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Can headphones hurt your hearing?

How much do you have to use headphones to hurt your hearing long term?

- Depending on the loudness of the headphones if you listen multiple hours everyday they could have long term effects.
- Especially if kept in nonstop.

How can you help yourself from not having hearing loss?

- Limit headphone use to very few hours in the day that should be spread apart.
- Also keep your headphones at a lower volume.

Any other advice?

- Choices you make now with your hearing can impact you for the rest of your life be smart with your ears.

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*WBL* 3/12/24