

**KRQZ LOMPOC, CALIFORNIA
QUARTERLY ISSUES FOR APRIL THROUGH JUNE, 2021**

(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 APRIL THROUGH JUNE, 2021**

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

1.	4/1/21	High functioning anxiety	15 minutes
2.	4/2/21	One man's experience getting the COVID-19 vaccine	15 minutes
3.	4/7/21	Potential side effects of COVID-19 vaccine	15 minutes
4.	4/16/21	COVID-19 vaccine booster shots	15 minutes
5.	4/26/21	Maintaining privacy on the Internet	15 minutes
6.	5/3/21	Ways of dealing with stress	15 minutes
7.	5/4/21	Mental Health Awareness Month	15 minutes
8.	5/6/21	The Fight For Air Climb (American Lung Association benefit)	15 minutes
9.	6/1/21	Coffee, tea, and caffeine: will it help with work?	15 minutes
10.	6/8/21	How long does it take until you enjoy exercise?	15 minutes
11.	6/17/21	Tips to stay safe from bears while at national parks	15 minutes
12.	6/21/21	Red Cross in need of blood donations	15 minutes
13.	6/28/21	WHO update for those who have received COVID-19 vaccination	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): 4/01/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: High Functioning Anxiety

What is high functioning anxiety?

- First, its important to note that it is not an official medical diagnosis.
- This means that it is not listed in the DSM-IV.
- However, it is usually recognized by mental health practitioners as a subset of general anxiety disorder.
- General anxiety disorder is an anxiety disorder characterized by chronic anxiety, extreme worry, and exaggerated tension, even when there's little or nothing to provoke it

Even if it is not official, how would it be described?

- It is a mixture of other forms of anxiety.
- It is the people pleasing that normally comes with social anxiety.
- The physical sensations of general anxiety disorder.
- The feeling of "waiting for the other shoe to drop" that comes with general anxiety.
- The deep ruminating thoughts of obsessive compulsive disorder.

How do I know its an issue?

- Physical symptoms are sleep issues, constant fatigue, muscular pain, chronic migraines and nausea.
- Emotional symptoms are irritability, restlessness, edginess, fear or trouble concentrating.

If this sounds like me, what can I do?

- Verbally call out your anxiety as you deal with it.
- Find a good therapist, especially one that focuses on CBT.
- Across your life, do less.

Entered into Public Access File on (date)

General Manager Affidavit signature: _____

NA - 7/5/2021

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 4/02/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Obadiah talks about his experience getting the COVID-19 vaccine

Was it hard to get scheduled?

- Initially, it was difficult to get scheduled.
- I checked with multiple local pharmacies and doctor's office and there were no appointments.
- I finally found a hospital in a smaller town that had open vaccination appointments and I was able to schedule one online.

What was it like being there?

- There was a small line outside the hospital that you had to wait in.
- Everyone in line was wearing a mask and was socially distancing.
- Once inside, you were given forms to fill out and your temperature was taken.
- You then met with a nurse who chatted with through your medical history and then moved on to the actual room where you get the vaccine.

Then what happened?


- Inside that room was another line and multiple vaccination stations.
- After waiting, I was sent to a station where I was able to choose which arm I wanted the shot in and rolled up my sleeve.
- Following the vaccine, everyone was asked to wait 15 minutes in a nearby room and drink water so we could be monitored for any side effects.

Did you have any side effects?

- I did not have any that day.
- However, the following afternoon I began to have a terrible headache and became very tired.
- I went to bed early and woke up feeling fine.

Entered into Public Access File on (date)

General Manager Affidavit signature: _____

 7/5/2021

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 4/07/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Potential Side Effects of COVID-19 vaccine

What are potential side effects on the day I receive the shot?

- You will most likely experience some pain and soreness in the arm where you received the shot.
- You may also experience redness and swelling around the wound.
- The other effects may take place the day of or the day after the vaccine.

What can happen later?

- Common side effects are essentially feeling the symptoms of the virus itself.
- You may experience tiredness, headache, muscle pain and chills.
- It is also possible to experience fever and nausea.


Should I be worried?

- These reactions in your body are actually a sign that you are building immunity.
- The absence of these reactions does not mean you are not building immunity.
- It is possible to receive the vaccine and not have any reactions.

Are there any more serious things I should be aware of?

- If the redness or tenderness on your arm gets worse after 24 hours, you should call your doctor.
- If you are continuing to experience virus-like symptoms after a few days, call your doctor.
- Do not be afraid to call your doctor with any concerns you may have.

Entered into Public Access File on (date)
General Manager Affidavit signature: _____

 7/5/2021

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 4/16/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: COVID-19 Vaccine Booster Shots

What is a booster shot?

- A booster shot is another immunization shot.
- This helps your body manufacture more antibodies against the virus you are fighting.
- Booster shots are common for many different kinds of vaccines.

Why would I need a booster shot with such a recent vaccination?

- The current COVID vaccines are “emergency use authorization” (EUA) vaccines.
- This does not mean that have not been tested.
- It does mean that they have not been tested in studies that are as long term as many other vaccines.
- As a result, the long term efficacy of the current vaccines is unknown.
- A third shoot could extend immunity into next year and beyond.

Which companies are talking about a third shot?

- Currently the vaccine that is receiving the most public attention for this is the Pfizer vaccine.
- They are openly discussing the possibility of a booster shot this fall.
- It would not be available or administered until September.
- They are currently doing a longer term study on the effectiveness of the current shot and will make a determination later.
- A third shot would be (as of now) chemically identical to the second shot.

Entered into Public Access File on (date) _____
General Manager Affidavit signature: _____

WPF - 7/16/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 04/26/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Maintaining privacy on the internet

Is it possible to use the internet anonymously?

- For the average person, internet anonymity is out of reach.
- At nearly every level of interaction with the internet, something somewhere is tracking you.
- Whether it is your internet service provider, the website you are visiting, the browser you are using, or all of the above.

How do I become more anonymous?

- It really is about “levels” of anonymity more than it is being completely anonymous.
- For example, you can use a VPN as a way to hide your internet traffic from your internet service provider but you are still giving that information to your VPN of choice.
- You can make your IP address from websites, but it is difficult to mask it from the service you are using to hide your IP address.
- Another thing to be aware of is your browser of choice.

What browser should I use?

- More and more people are using Chrome but more and more people are realizing that Chrome is keeping your browsing data.
- It encourages you to sign up with a Google account and Google keeps track of every single thing you do/search for.
- There is even some evidence that it is tracking your “incognito mode” searches.
- Many people are recommending a switch to Firefox from Mozilla.
- Mozilla is a non-profit company that appears more concerned with data privacy.
- At the end of the day, protecting your data is your responsibility and one that you should take seriously.

Entered into Public Access File on (date)
General Manager Affidavit signature: _____

WBF - 7/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 05/03/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Ways of Dealing with Stress

Is stress really that big of a problem?

- The most reported work place problem is stress.
- With the ongoing pandemic, stress is a larger issue than ever.
- Stress is linked to heart attacks and increased cancer risk.
- The World Health Organization calls it the health epidemic of the 21st century.


What are ways that we can start dealing with stress?

- In the midst of a stressful moment, begin focusing on breathing.
- People often began holding their breath or breathing irregularly when stressed.
- Began clenching and unclenching your hand.
- This causes the hand to relax and you carry a great deal of physical stress in your hands.
- Say to yourself “I’m excited”.
- It is sometimes possible to “trick” your brain because the physical symptoms of excitement and stress or nervousness are similar.

What are things we can do in advance to help?

- Eating breakfast is a big help.
- Eating a healthy breakfast or healthy foods all day is even better.
- Caffeine adds to stress. Stop drinking it.
- Exercise release tension in the body and releases “feel good” hormones.
- Try to exercise every single day.
- Stay hydrated by drinking plenty of water.
- Those good habits can help you prevent stress and be physically and mentally ready to combat it when it arises.

Entered into Public Access File on (date)
General Manager Affidavit signature: _____

 7/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 05/04/21

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

Program host(s): RIOT with Obadiah and Nikki

Program Topic: Mental Health Awareness Month

What is Mental Health Awareness Month?

- It happens every year in May.
- It is a month set aside to discuss mental health issues and to raise awareness for those who need it and people supporting them.
- 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 what they would normally be.
-

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.

Entered into Public Access File on (date)

General Manager Affidavit signature: _____

 7/5/2021

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 5/6/21

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: The Fight for Air Climb

Program Guest: Brittany Senzinger, Development Director and Nick Hughley from Delaware Fire Department

What is a Fight for Air climb?

- The Fight for Air Climbs take place all across the nation in tall buildings and the public raises sponsorship money for their stair climbs.
- This money, of course, benefits the American Lung Association.
- It isn't easy but it can be done!

What is different about it this year?

- Because of the ongoing pandemic we have had to make some changes.
- This year, the climb will take place outside in a football stadium.
- You will climb the steps of Ohio Wesleyan's Selby Field and then run a short distance around the track.
- Other cities have moved their climbs outside.
- This year the Cincinnati climb took place in the Reds MLB stadium!

What do you do to prepare for a Fight for Air Climb?

- I do practice climbs with people who are preparing.
- I highly recommend that those who are going to prepare do some running and stair climbing as a way to prepare.
- There is lots of cardio work that you can do but nothing is better than good, old-fashioned climbing stairs to prepare for climbing stairs.

Entered into Public Access File on (date)
General Manager Affidavit signature: _____

 7/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 06/01/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Coffee and Tea *Caffeine* Will It Help with Work?

Can drinking caffeinated drinks like Coffee and Tea really help you during your work day?

- Study done at Michigan State University says it can help you feel and stay awake, but it does not look to help you long term with what you need to do while at work.
- You might feel alert and be ok with simple tasks, but you can still make mistakes on place-keeping tasks. Something that requires steps for you to do.

What can caffeine do?

- Caffeine can help you be in a better mood, have more energy, and reduced sleepiness.

What can caffeine NOT do?

- It can not replace a full/good night's sleep!

What is Insomnia?

- Some people think that insomnia is when you have a hard time going to sleep. Symptoms can also include waking up several times during the night, lying awake, and having a hard time falling back asleep.
- This can lead to needing help to stay awake during the day.

Any other final advice?

- If your job or school is considered “high stakes,” you need to make sure that you make it a priority to get enough sleep. Or if you had a night that was not good sleep, make sure you either re-schedule or do not try to perform those place-keeping and harder activities.

Entered into Public Access File on (date)

General Manager Affidavit signature: _____

LAS-7/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 06/08/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: How Long Does It Take Till You Enjoy Exercise?

Exercise is not always fun. Unfortunately, that means that we don't always stick with it and give up. Will it ever be something we enjoy?

How long does it take to start enjoying exercising?

- You really need to exercise for about 2-4 months to start enjoying it. You need to stick to a routine for that long.
- Your mind then becomes conditioned to it and your body starts feeling rewarded.

Daily Exercise?

- Daily exercise will help you start enjoying it faster! Make it a habit. Get used to it so that if you take anytime off you will then miss it. You know it was really helping your body then.

Any other final advice?

- As you start working out more and more, try to make the session last a bit longer each time.
- Stick with it for those few months and your body will get used to it. Once it stops hurting/sore, you will then enjoy those workouts more! Someone we give up early on because its painful for our body.

Entered into Public Access File on (date)

General Manager Affidavit signature: _____

hpf - 7/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 06/17/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Tips To Stay Safe from Bears at National Parks

Each year the National Park Service releases Bear Safety tips to help with everyone coming to National Parks this summer.

How will a bear show you if you are too close?

- It will make noises like clicking its teeth, huffs, woofs, and starts slapping the ground with its paws.
- Does it seem nervous?

What Should you do if you encounter a bear?

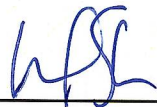
- Never shout or make quick movements.
- Never play dead.
- Don't run away. That can actually trigger the bear to chase after you.

Don't Push Your Friends?

- Every year the National Park service reminds people to also not push their friends while trying to get away. It might seem silly but you should not leave someone else to fend for themselves against an animal while you are trying to get away.

This summer the National Parks are experiencing record numbers of visitors. Everyone is getting back to going on vacations since Covid numbers are going down. They just want to remind people to be safe when visiting.

Entered into Public Access File on (date)
General Manager Affidavit signature: _____

 7/5/2021

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 06/21/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Red Cross In Need Of Blood Donations

The Red Cross is in desperate need of blood donations at this time. There is a severe national shortage.

Why Is There A Shortage Right Now?

- Trauma emergencies typically increase at the start of summer with more people going out to do things.
- There is also an increase in people having procedures done that had been postponed during Covid lockdown times. Now everyone is needing that care and there is not enough blood to go around.

Can People Start Donating Blood Now?

- Covid restrictions have been relaxed now. People are able to host/participate in blood drives which will help with the national shortage.
- You no longer need to wear a mask or socially distance when donating blood.

What Does The Red Cross Need The Most?

- Specific demand for platelets right now. Those donations expire the fastest.
- Type O blood. The most demand for that because you can use that type in transfusions for almost any other type of blood.
- The Red Cross is giving out \$5 Amazon gift cards to anyone who donates by June 30.

Entered into Public Access File on (date)
General Manager Affidavit signature: _____

WFS - 7/5/21

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 06/28/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: World Health Organization Update For Those Who Have Received The Covid Vaccination.

The Covid 19 Delta variant is causing issues around the world because of it being very contagious.

What Does That Mean If You Have Received The Covid Vaccine?

- The World Health Organization has now come out and said that even if you have received the vaccine, you should still be wearing a mask and practicing social distancing.
- The Covid variant is very contagious, even if vaccinated. When in public, we should go back to following safety guidelines set. Play it safe.

But You're Vaccinated?

- Even when vaccinated, people can still get Covid again. Studies show that it can help lessen how sick you become, but you can get sick.

The Delta Variant?

- It has now become the dominant version of Covid that people are getting sick with.
- First found in India, it's now in 92 countries.
- It can cause worse symptoms than the basic version on Covid so they are really encouraging people to still be cautious and safe.

Entered into Public Access File on (date)

General Manager Affidavit signature: _____

WJF - 7/5/21