

**KRQZ LOMPOC, CALIFORNIA**  
**QUARTERLY ISSUES FOR JULY THROUGH SEPTEMBER, 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 JULY THROUGH SEPTEMBER, 2021**

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

1.	7/5/21	Safely disposing used fireworks	15 minutes
2.	7/13/21	Are people more or less optimistic?	15 minutes
3.	7/20/21	Another health reason to drink coffee	15 minutes
4.	7/28/21	Updated CDC mask recommendations	15 minutes
5.	8/3/21	Benefits of having more sleep	15 minutes
6.	8/11/21	How to tell if stress levels are too high	15 minutes
7.	8/17/21	Recommendations for COVID-19 booster	15 minutes
8.	8/23/21	Short Sleeper Syndrome	15 minutes
9.	8/31/21	How much exercise to offset a day of sitting	15 minutes
10.	9/7/21	New number of daily steps required for health benefits	15 minutes
11.	9/13/21	Too much free time lowers sense of wellbeing	15 minutes
12.	9/22/21	Fruits, vegetables, exercise keys to happy life	15 minutes
13.	9/27/21	Effect of labor shortages on shipping and availability of items	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): 07/05/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: How To Safely Dispose Of Your Used Fireworks?

Now that the 4th of July is over, we need to make sure that the fireworks that we used are safely disposed of. What is the best way to get rid of those?

**Check With Your Local City/Town/Government First!**

- Make sure you know what rules you have in your area because they can vary.

**Make Sure The Fireworks Are Waterlogged.**

- Submerge the used fireworks in water for 15min - 48 hours. Keep a bucket of water around when you set fireworks off and then store them in there to soak.
- Then when done take the fireworks out and put them in a double plastic bag. Pour the water down the toilet.
- Always then put the bags in the trash. You can not recycle fireworks, so never put them there.

**Fireworks And The Environment**

- Fireworks can be bad for the environment. Studies show that there's 42% more air pollution on July 4th, compared to a typical day without fireworks.
- Fireworks contain chemicals that can be harmful to you and the environment to keep around. You want to make sure that you don't leave them out and have them disposed of correctly.

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*WBS - 10/4/21*

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): 07/13/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Are People Becoming More Optimistic?

Are people feeling better now, more optimistic? Or do we feel worse? A new Gallup poll shows that people seem to feel better.

According To This Gallup Poll, 52.9% Of Americans Feel That They Are Thriving.

- That is the highest percentage that the Gallup Poll has ever recorded in it's 13 years.
- People are returning now to their pre-pandemic routines, so many are feeling happier and more optimistic about things than ever before.

73% Of People Experience Enjoyment For A Lot Of The Previous Day Before.

- People are feeling better about themselves and what's going on in their lives. Each week it's getting better and better.

Why Are People Feeling Better?

- Things are starting to normalize from Covid and during times when we were staying inside more.
- We have moved past election time, when we are facing a lot more negative news stories. That is always a lot harder time of the year.

Any other notes about being more optimistic?

- Remember that optimism is still just a feeling, and those can change very easily.
- If you are still having a tough time feeling better about things or yourself, don't give up. Keep working on those happier feelings until things get better.

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 12/4/21

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 07/20/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Another Health Reason To Drink Coffee?

Many people believe that drinking coffee can be harmful if you have a heart arrhythmia, an irregular heartbeat. This study shows that coffee might actually be helpful.

Coffee Jitters and Heart Arrhythmia?

- After drinking coffee, some people can develop jitters. That is not the same as if you feel yourself having an irregular heartbeat.

University of California, San Francisco Study:

- This study featured almost 400,000 students and lasted 5 years.
- Wanted to show if there was a correlation between coffee consumption and causing heart arrhythmia or an irregular heartbeat in drinkers.

Findings From Thee Study:

- They actually found that drinking coffee can help decrease the chance of heart arrhythmia. It showed that for every additional regular cup of coffee consumed, it lowered the rate of irregular heart incidents by 3%.

Coffee In This Study:

- Coffee has been shown to have a lot of health benefits. A reminder though that the coffee studied is a plain cup of regular coffee. So many of us drink coffee drinks that might not be as healthy.

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*NB* 10/4/21



KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 07/28/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Updated CDC Mask Recommendations

The CDC (Centers for Disease Control and Prevention) issued new recommendations today that people who are vaccinated against COVID-19 should wear masks again.

### Where Should We Be Wearing Masks?

- They are encouraging people to wear masks in public, indoor settings in areas with high rates of Covid cases. The CDC is also recommending that students, teachers, and staffers should wear masks in school, even if they're vaccinated.


### Why Masks When Someone Is Vaccinated?

- With the increase of the Delta Covid variant, even those who are vaccinated should go back to wearing a mask to help stop the spread in especially high rate areas.
- People who are vaccinated can still get sick and spread Covid.

### Is This A Mandate From The CDC?

- The CDC is not able to issue mandates, these are only their recommendations.
- Make sure to look at what your local state and local governments are enforcing with masking rules.

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 - 10/4/21

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 08/03/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: Why is more sleep not always beneficial?

Getting enough sleep is a vital part of staying fit and healthy, but extra hours in bed doesn't mean much in terms of benefits. How much sleep is too much sleep?

Sleep efficiency?

- Low sleep efficiency equates to less deep sleep which is the restorative type of sleep that can be very advantageous to our health.
- It is important to try to limit the amount of times you wake up throughout the night to help yourself into deep sleep.

How beneficial is an afternoon nap?

- An afternoon nap was shown to be more beneficial than an extra half hour of sleep at night.
- Productivity, decision making, and well being are higher with a nap rather than sleep at night.

Any other final advice?

- It is important to sleep in a peaceful environment. Time spent in bed does not equate to actual sleep.
- If you can't fall asleep and stay asleep where your bed is you're unlikely to get into a more deep sleep.

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*LBJ - 10/4/21*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

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Date aired (MM/DD/YY): 08/11/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: How to tell if your stress levels are too high?

Stress is an everyday occurrence for most people, but too much of it could be signs of a deeper issue. How can you tell when you are too stressed?

How can you tell if your stress is something more?

- If the worry is intrusive beyond the stressor, that's anxiety.
- If the sadness is a mood that you can't shift beyond the situation, that's depression.

What are some techniques if you are struggling with stress?


- One exercise involves using your five senses to identify things you can see, hear, taste, smell, touch and then something you are grateful for.
- 30 minutes of aerobic exercise and exercised breathing as well.

Any other final advice?

- If you suspect you might have chronic stress or another mental disorder you should seek assistance from a mental health professional.

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 10/4/21



KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 08/17/21

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

Program Title: The Riot

Program host(s): Hudson and Nikki

Program Topic: US recommends COVID-19 Booster at 8 Months.

U.S. experts are expected to recommend COVID-19 vaccine boosters for all Americans eight months after they received their second dose of the shot, to ensure lasting protection against the coronavirus.

Who is this recommended for?

- Last week they recommended it to people with weakened immune systems.
- U.S. experts are expected to recommend COVID-19 vaccine boosters for all Americans, regardless of age.

When will this be available?

- Doses would only begin to be administered widely once the Food and Drug Administration formally approves the vaccines.
- That action is expected for the Pfizer shot in the coming weeks.

Any other final advice?

- Among the first to receive them could be health care workers, nursing home residents and other older Americans, who were some of the first Americans to be vaccinated.

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WFB - 12/4/22



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): 08/23/21

Time aired (from – to): 10:00am to 10:15am

Program Title: The Riot

Program host(s): Nikki and Isaia

Program Topic: Short Sleeper Syndrome allows people to operate on less sleep.

People with short sleeper syndrome sleep 4 to 6 hours per night and still feel well-rested and alert the next day.

Can people actually consistently perform with less than 6 hours of sleep?

- The primary symptom of short sleeper syndrome is consistently sleeping six hours or less and feeling fully functional the next day.
- They usually have had this sleep pattern most of their lives, since childhood or young adulthood, and are a short sleeper regardless if it's a weekday, weekend, or during a vacation.

How do you know if you have it?

- Short sleepers instinctually tend to sleep set hours each night. Conversely, someone with a sleep disorder may report waking up several times in the night and not feeling rested the following day.
- They naturally fall asleep around the same time each night, sleep six hours or less, and wake up around the same time each day feeling alert.

Any other final advice?

- Only one percent of the population have short sleeper syndrome so most everyday people need to get more than 6 hours of sleep a night.

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*LBJ - 10/4/2021*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 08/31/21

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

Program Title: The Riot

Program host(s): Nikki and Hudson

Program Topic: How much exercise to offset a day of sitting

**A 2020 study suggests working out can offset sitting down all day.**

**How much do you have to workout to balance out sitting down all day?**

- **Up to 40 minutes of "moderate to vigorous intensity physical activity" every day is about the right amount to balance out 10 hours of sitting still.**
- **Although any amount of exercise or even just standing up helps to some extent.**

**What ways can we get this exercise?**

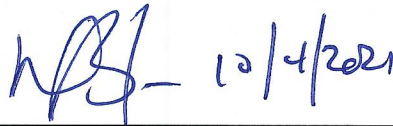
- **Walking up the stairs instead of taking the lift, playing with children and pets, taking part in yoga or dancing, doing household chores, walking, and cycling.**
- **If you can't manage the 30-40 minutes right away, the researchers say, start off small.**

**Any other final advice?**

- **Putting in some reasonably intensive activities can lower your risk of an earlier death right back down to what it would be if you weren't doing all that sitting around.**

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KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 09/07/21

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

Program Title: The Riot

Program host(s): Nikki and Hudson

Program Topic: A new number of daily steps for health benefits and it's not 10,000.

A new study finds that we may not need to exercise as much as we had previously thought to get health benefits.

How many steps is the ideal number a day?

- In the new study it found that for most people the ideal number of steps a day is 7,000.
- Depending on your body type and daily routine you may need more or less than this as well.

What are the positives to getting your steps in?

- One of the largest positives to getting your steps in is less likely of a chance for an early death.
- The research shows that increasing daily step volume among the least active people showed the greatest protection against mortality.

Any other final advice?

- No evidence was shown that doing more than 7,000 steps decreased the chance of mortality.

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KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 09/13/21

Time aired (from – to): 9:45am to 10:00am

Program Title: The Riot

Program host(s): Nikki and Hudson

Program Topic: Too much free time can lower your sense of well being.

Researchers have found that while levels of subjective well being initially rise as free time increases, the trend does not necessarily hold for very high levels of leisure.

How much free time should you allow everyday?

- “The sweet spot is a moderate amount of free time,” said Dr Marissa Sharif.
- Too much time was associated with lower subjective wellbeing due to a lacking sense of productivity and purpose

How do you know if you have too much free time?

- Work suggested people who feel they have too little free time should not quit all of their obligations, but instead try to find a couple of leisure hours a day.
- People with empty days should try spending their time with purpose, be it connecting with others or doing something productive.

Any other final advice?

- Human beings like having spare time for leisure, home chores, hobbies, etc in their day but not too much of it,

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*WBF* 10/4/21



KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 09/22/21

Time aired (from – to): 9:30am to 9:45am

Program Title: The Riot

Program host(s): Nikki and Hudson

Program Topic: Fruits, vegetables, and exercise may be the keys to a happy life.

The key to a happy life may come down to what's in your diet. A new study finds eating more fruit and vegetables each day (and exercising regularly) can lead to more happiness.

How can we make these healthy choices?

- Our ability to delay gratification and apply self control plays a big part in influencing our lifestyle decisions.
- Eating fruits and vegetables should be a daily routine where exercising only has to happen regularly.

Why is it important to practice healthy lifestyle choices?

- Lifestyle related illnesses are the main cause of poor health worldwide.
- in the U.S. more than two in five adults classify as obese, a condition putting many at higher risk for heart disease, diabetes, and cancer.

Any other final advice?

- Behavioral nudges that help reinforce long term objectives are likely to be especially helpful in maintaining a healthy lifestyle

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*LB* - 10/4/21

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 09/27/21

Time aired (from – to): 10:30am to 10:45am

Program Title: The Riot

Program host(s): Nikki and Isaia

Program Topic: Labor shortages are causing local stores to limit purchases of certain items due to slow moving shipping.

Labor shortages are causing packages to be rerouted thus slowing down shipping time and causing higher costs.

How do these labor shortages impact the everyday shopper?

- Shoppers looking to buy anything from electronics to sneakers to automobiles, and even household staples like toilet paper could be out of luck.
- Costco is reinstating limits on purchases of toilet paper, paper towels and bottled water.


Why are the packages moving so slowly?

- The hubs are operating with 65 percent of their usual staff as the shipping company struggles against the national labor shortage.
- FedEx announced that about 25 percent of packages going into its shipping hubs, like the one in Portland, Oregon, are being diverted

Any other final advice?

- If you know that there is a product you will need in the future it is important to give it ample time to ship to you.

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