

**KRQZ LOMPOC, CALIFORNIA
QUARTERLY ISSUES FOR APRIL THROUGH JUNE, 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 APRIL THROUGH JUNE, 2020**

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

1.	4/1/2020	Shopping trends during the pandemic	15 minutes
2.	4/3/2020	Continued social distancing and COVID-19	15 minutes
3.	4/7/2020	Zoom hacking and how to prevent it	15 minutes
4.	4/8/2020	Washing hands and COVID-19 from the CDC	15 minutes
5.	4/10/2020	Mental health during a stay at home order	15 minutes
6.	4/14/2020	Running and disease plumes; self-published v. peer reviewed research	15 minutes
7.	4/16/2020	Economic stimulus payments	15 minutes
8.	4/22/2020	Earth Day	15 minutes
9.	5/11/2020	Quarantine weight gain	15 minutes
10.	5/15/2020	Pandemic's effect on the music industry and songwriting	15 minutes
11.	5/29/2020	Are face masks effective at preventing the spread of COVID-19?	15 minutes
12.	6/8/2020	Safe vacationing this year	15 minutes
13.	6/25/2020	"Maskne" and how to treat it	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): 4/01/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Shopping trends during the pandemic

Has shopping changed during the pandemic?

- Obviously the demand for toilet paper has gone up.
- After two to three weeks under shelter-in-place orders (depending on your location), we are seeing new trends emerging in shopping.

How is shopping changing?

- Many stores are beginning to offer curbside pick-up in addition to shipping.
- Online shopping and shipping has become the go-to for people in lock-down.
- Online grocery shopping and delivery is seeing an increase.
- Delivery services such as UberEats are seeing a massive increase in sales.
- While some industries are in decline, others are greatly increasing.

Is it how we are shopping or what we are buying?

- Streaming in the United States has gone up 80%.
- Video game sales are up over 50% from this time last year.
- Essentially anything that is available digitally is seeing an increase in sales.
- Other things that have changed: people are buying an increased number of shirts.
- However, they are not buying pants to go with them.
- There is also an increased shortage in items for digital contact such as webcams, microphones, and other types of computer equipment as people work from home.

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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): 4/03/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Continued Social Distancing and COVID-19

What is “social distancing”?

- Social distancing is a phrase that is unfamiliar to most people but has existed in the medical community for a long time.
- Simply put: social distancing is maintaining a physical distance from other people to prevent the spread disease or sickness.

How do I do it?

- You put a distance between you and other people.
- Different diseases would require a different level of social distancing.
- Currently, with COVID-19, a minimum of 6 feet is required.

Does it actually work?

- COVID-19 can be spread through saliva and mucus.
- Even though we are not spitting or blowing our noses at people, there is still tiny bits of saliva and mucus in our breath.
- We can be spreading bacteria and viruses without realizing it.
- Since COVID-19 has a long incubation period, it is possible to spread it without realizing that you have it.
- Social distancing enables us to reduce this incidental contact.
- Masks and gloves can be helpful additions to social distancing though those using PPE should be using medical guidelines as they are not guarantee.

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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): 4/07/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Zoom hacking and how to prevent it

What is Zoom?

- Zoom is an online video chat service.
- It is free.
- There are many platforms like it available but for some reason it has been the one that has gained the most traction during the pandemic.
- It is being used by schools, churches, businesses, and many other community groups.

How is Zoom getting hacked?

- Zoom “hacked” is the common term but it is not entirely accurate.
- People are being “hacked” on Zoom when outsiders who have not been invited join a Zoom call.
- For example, there have been many reports of people joining Zoom calls for children and using in appropriate language or showing pornography.
- This is not because there is a weakness in the platform. It’s a weakness on the user end.
- People are sharing their Zoom call URLs publicly which means that anyone can join.

How can I prevent being hacked?

- Do not share your Zoom meeting link with anyone you do not want on the call.
- Do not publicly post your Zoom meeting link.
- Zoom is working on more tools to prevent this but those two tips will go a long way in preventing unwanted people on your calls.

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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): 4/08/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Washing Hands and COVID-19 from the CDC

Is it really that important to wash our hands?

- It is more important that you might think.
- Hand hygiene is a simple yet effective way to prevent the spread of infections and pathogens from hands to surfaces.
- Soap will not kill COVID-19.
- The important thing is that it is effective at physically removing it from the surface of your hands even if is not chemically eradicated.

Can I just use some sort of a hand sanitizer instead of soap?

- Some forms of hand sanitizer can be effective.
- The CDC recommends that it contain greater than 60% alcohol.
- It is especially effective in a clinical environment where hands are not visibly dirty.
- It has the advantage of not requiring a sink to cleanse hands.

How often should I be washing my hands?

- Wash your hands as frequently as possible.
- Every time you touch a surface or a person (which you really shouldn't be doing).
- Every time you use the bathroom or touch any kind of door handle.
- Wash your hands when you remove your PPE such as a face mask or gloves.
- Essentially, wash your hands as often as possible.

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 7/4/2020

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PROGRAMMING ASCERTAINMENT FORM

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Date aired (MM/DD/YY): 4/10/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Mental Health during the Stay-At-Home Order

Is mental health really that big of a deal?

- It is a larger factor in overall physical health than most people realize and can impact your immune system.
- One in five people under the age of 20 experience mental health problems every year and nearly ten percent of people will experience depression in their lifetime.
- Mixed anxiety and depression is the most common mental disorder.
- These numbers are likely to be significantly higher during the pandemic.

How can I look after my own mental health?

- Find someone you trust and talk about your feelings.
- If you cannot find someone you trust, you can do a tele-visit with a counselor. Many services are available.
- Exercise often and every day if possible.
- Limit or eliminate alcohol intake. Alcohol is a depressant.
- Take a social media and/or news break. Constantly feeding your mind with news is shown to cause or worsen depression.

Any other tips for this special time?

- Build a daily routine and stick with it.
- This should include going to bed and getting up at the same time.
- Make it a point to stay in contact with friends and family. You can do this online or over the phone.
- Go outside if possible. Fresh air and sunshine are “natural antidepressants”.

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PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming
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Date aired (MM/DD/YY): 4/14/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Running and disease plumes and self-publishing research

What is a “disease plume”?

- Every person expels tiny droplets of water and mucus when they breathe.
- This is called a “plume”.
- The term disease plume refers to this area when someone is sick and the disease can be passed through those droplets.

What does this have to do with running?

- The harder that someone exhales, the larger their “plume” is.
- In the case of running and cycling, this plume is much larger because they are breathing harder and pushing themselves faster through the air.
- A team of Dutch scientists did research on what the plume behind a runner or cyclist looks like and how far behind them it trails.
- They then combined this with the data on the COVID-19 pandemic and began publicizing the idea that if you are running or cycling that you need to maintain more than six feet for social distancing.

Why has this caused controversy?

- Many voices in the mainline scientific community are angry that the team brought their research public.
- They are upset because rather than submitting to a peer-reviewed journal the Dutch team released their findings on social media.
- The contention with the research is that while their aerodynamic data may be correct it has not been shown that COVID-19 is a danger in the “disease plume” zone as they define it.

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PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 4/16/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Economic Stimulus Payments

What is an “economic stimulus payment”?

- These are what are being jokingly referred to as “Trump Bux”.
- It is the money that has been released by Congress through the IRS to all taxpaying citizens of the United States.
- The amount is roughly \$1200 per individual and \$500 per dependent.

How can I get my payment?

- If you paid taxes last year, you will receive a check or debit card in the mail.
- If you paid electronically, you may be eligible for an electronic deposit.
- Electronic deposits are coming much more quickly than the checks are.
- You can check to see if you are registered for an electronic payment at irs.gov.

How do I update my electronic info so I can get an electronic deposit?

- Click on “Get My Economic Impact Payment” at irs.gov.
- You will find it on the left-hand side of the main page.
- Enter your information there.
- Some are finding that their information is not present.
- Though it will not work for everyone, many people (including Obadiah and Nikk) are finding that you need to enter your address and name in all capital letters.
- From there you will be able to see your eligibility and put in information for an electronic payment.

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 4/16/20

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PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 4/22/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Earth Day

When did Earth Day start?

- Though it had been discussed for years, Earth Day began to take off in the 1970s.
- There were two separate Earth Days.
- One was started by UNESCO and was held on March 21, 1970 and was the first recognized by the United Nations.
- A separate Earth Day was organized in the United States by Senator Gaylord Nelson on April 22, 1970.
- It was celebrated intermittently with it becoming firmly and internationally established in 1990.

Why have an Earth Day?

- Many felt it was time to set aside a day to literally celebrate peace on earth.
- Others saw that, beyond peace, it was a good way to emphasize environmental care for the planet.
- Now it is part of Earth Week and any individuals and companies use it as a means to educate people about how to take care of the Earth.

How can I celebrate?

- Due to stay-at-home orders it will be a little different this year.
- You can plant a tree at home or nearby.
- Check online in your area for responsible, social distancing community events.
- Also, many websites are set up for both information and ideas on how you can get involved in Earth Day.

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 4/22/20

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PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 5/11/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Quarantine Weight Gain

Did people really gain weight during quarantine?

- Though there are not statistics to prove it, quarantine weight gain was very much a thing.
- Some people have been calling it the Quarantine 20 (or 40).

What has caused it?

- Gyms all over the United States have closed which has led to less exercise.
- Some areas of the country also did not allow people out for running and other activities which also led to less exercise.
- Another issue has been comfort eating.
- People have been turning to food that they would not normally eat (or not normally eat in those quantities) for comfort during the lockdown.
- The result of less activity and more food has caused people to gain weight.

What should I do about it?

- Step one is to not condemn yourself about it.
- It is common for people to gain weight during times of intensified stress or change.
- Own the fact that you are normal and move on.
- Next, think through what you are eating. What are your go to comfort foods?
- You don't need to eliminate all those comfort foods (and cause more stress) but you may need to limit them.
- Start moving.
- If you can, get outside and take a walk (more than once a day if you can)
- There are lots of gyms that are making "do at home" workouts available for free on YouTube.
- Remember that movement is better than no movement, even if it isn't the gym workout that you are accustomed to doing.

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PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 5/15/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: The Pandemic Effect on the Music Industry and Writing Music

Program guest(s): Mike and Shannon Mains of *Mike Mains and the Branches*

How is the pandemic affecting your business as musicians?

- The most difficult thing to overcome is that we can no longer tour.
- Touring and playing live music is a significant source of money.
- The good side to this is that we have had more time to focus on creating new music because we have been unable to tour.

Has this had an effect on writing music?

- It has definitely informed the type of music that we have been writing.
- One of the biggest influences and sources of inspiration for us has been reading our fans online presence: blogs, twitter, snapchat.
- People are being incredibly transparent about how they are doing and feeling during this time.
- This has enabled us to target our music as a source of encouragement to them and also helped us know that are aren't the only ones that are feeling the way we are feeling.

How have you been coping with the pandemic?

- We have been sheltering at home like most other people.
- Writing music has been very cathartic.
- The first two weeks we binged lots of shows on Netflix.
- We now have a daily routine of exercise, reading, and writing music.

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 7/6/2020

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 5/29/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Are face masks effective at preventing the spread of COVID-19?

Are face masks effective at preventing the spread of COVID-19?

- This question has been raging across social media for the last two months.
- It is becoming especially important as different businesses and social hubs are opening up.
- Should people be wearing masks?

The answer has not always been yes.

- In the early days of shut downs across the US, the CDC issued a statement saying that face masks were not effective in stopping the spread of COVID-19.
- This statement was later walked back saying that they were effective but with a catch.
- The masks could not prevent you from acquiring COVID-19 but they could keep you from spreading it to others.
- As a result, wearing a face mask was something you could do to prevent you from spreading it unawares.

So do I need to wear a mask?

- According to the CDC and many other health agencies, the answer is yes.
- Wear a face mask and continue practicing social distancing.
- Most local governments (check with yours) are allowing businesses to make the determination if they are requiring customers to wear masks.
- Most businesses are mandated that their employees must wear masks.
- Playing the odds, its the best way to prevent the spread of infection overall.

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WAF 7/14/20

KRQZ Lompoc, CA

PROGRAMMING ASCERTAINMENT FORM

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

Date aired (MM/DD/YY): 6/08/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program Topic: Safe Vacationing This Year

Is it safe for me to visit another state?

- It may be safe but it may be somewhat illegal.
- For example, Florida has a mandatory quarantine of 14 days for anyone who comes to their state from New York, New Jersey, Connecticut, or Louisiana.
- It may be safe to travel but it may be too impractical.

Is it okay for us to stay in a hotel?

- Most people feel that the biggest danger of catching COVID-19 in a hotel is from their bed or shower.
- The actual greatest risk is close contact with other people.
- If possible, avoid public food service areas and other public spaces like the pool and workout facilities to minimize risk.

Would an Airbnb be better?

- This would certainly make it easier to avoid contact with others.
- The problem is that you do not know how well they are actually cleaning the property.
- With national hotel chains, they have a professionally established guideline but private owners are really only accountable to themselves.

What about camping or beaches?

- With proper social distancing, beaches and outdoor public spaces are relatively safe.
- As with a hotel stay, camping's largest concern is with contact with other campers.
- Limit your use of public/common facilities and practice social distancing.

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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): 6/25/20

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

Program name: The Riot

Program host(s): Obadiah and Nikki

Program topic: Maskne and how to treat it

What is maskne?

- Maskne is a new word that is used to describe acne that has been caused by wearing a protective face mask.
- It may be pimples from clogged pores but is being used as a catch-all phrase to describe any skin irritation around the mouth.
- It's technical term is *acne mechanica* and is a skin condition caused by irritation of the skin by cloth or fabric.

What causes it?

- Increased stress levels caused by the pandemic can cause aggravation of the skin.
- Masks increase the amount of moisture near the skin which is a good environment for bacteria to grow.
- This can also cause a breakdown or ulcers in the skin.
- These weakness in the skin can then make it susceptible to the extra bacteria.

How can it be treated?

- The best thing that you can do for your skin is to wash your mask.
- Masks should be washed and allowed to dry completely between uses.
- Consider having multiple masks (if possible) that you can wear in rotation.
- Do not use traditional acne medication as this may further irritate your skin and make your mask more susceptible to bacteria.
- Find gentle skin care products including soap to wash the area.

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