

**KRQZ LOMPOC, CALIFORNIA  
QUARTERLY ISSUES FOR APRIL THROUGH JUNE 2023**

(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 2023**

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

1.	4/3/23	Making Daylight Saving Time permanent	15 minutes
2.	4/10/23	How fitness trackers can become a discouragement	15 minutes
3.	4/17/23	Health reasons that socks should not be worn to bed	15 minutes
4.	4/21/23	Better, healthier locations for dates	15 minutes
5.	4/25/23	Healthier dating trends	15 minutes
6.	5/2/23	Financial reasons to stash as much cash as possible	15 minutes
7.	5/3/23	Health impact of loneliness: more dangerous than smoking	15 minutes
8.	5/9/23	Fighting hunger: USPS food drive	15 minutes
9.	5/16/23	Depression and loneliness result from binge watching YouTube	15 minutes
10.	5/24/23	Social media use can trigger mental health issues	15 minutes
11.	6/8/23	Air quality can impact pets as well as humans	15 minutes
12.	6/14/23	Dieting support: looking at food can make you fuller	15 minutes
13.	6/21/23	Finland world's happiest country, teaching the rest of the world	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): 4/3/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Making Daylight Savings Time Permanent

The majority of the public have been calling for permanent Daylight Savings Time

What are the pros to Daylight Savings Time?

- The sun is available more during the daylight hours.
- When people get off work in the evenings they are more likely to go do activities in the evening promoting economic progress.

What are the cons to Daylight Savings Time?

- The sun will not be up in the morning causing a higher likelihood of student drivers getting into car accidents.

Any other advice?

- Only two states currently do not observe Daylight Savings Time.

Entered into Public Access File on (date)

General Manager Affidavit signature: \_\_\_\_\_

*NPH - 7/5/2013*

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): 4/10/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Is a fitness tracker discouraging you?

Fitness trackers can oftentimes drive people's lives too much.

How are the trackers discouraging people?

- The fitness trackers make people feel discouraged if they do not reach their step goal by the end of the day.
- Also sometimes the fitness trackers track so much of our lives that we feel as if we need to check to see our progress on the tracker rather than in the mirror.

How can we improve our lives using the trackers?

- Do not let the numbers dictate your life.
- Set realistic goals and celebrate smaller goals.

Any other advice?

- Fitness is a journey and everyone's journey is different.

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General Manager Affidavit signature: \_\_\_\_\_

*Hudson* 7/5/23

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): 4/17/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Why you shouldn't wear socks to bed?

Socks are reportedly as dirty as a toilet can be.

Why are socks so gross to wear to bed?

- The biggest issue was if you wear the same pair from 7am-11pm.
- If your socks are worn all day and all night bacteria buildup is similar to that of a toilet.

What can we do to improve our cleanliness before bed?

- Make sure to take your socks off before bed.
- Or wash your feet in the shower before bed and then you can put on a fresh pair to be taken off in the morning.

Any other advice?

- Feet bacteria buildup is one of the most common places on the body.

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*WCB - 7/5/23*



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): 4/21/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: The newest location for dates?

Yoga and bootcamp dates instead of the bar.

Why are people not going to bars anymore for dates?

- Daters found that going somewhere other than a bar gave them a more meaningful experience.
- Also people are trying to be healthier therefore less alcohol is available.

Where are other options?

- Going to the gym or yoga to kickstart an active relationship.
- Going for a walk or to the park to engage in an energetic afternoon.

Any other advice?

- There are many healthier options for dates rather than going to get drinks.

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General Manager Affidavit signature: \_\_\_\_\_

*[Handwritten Signature]* 7/15/23

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): 4/25/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Healthier dating trends

Dating is becoming healthier here's how.

What are some of the new healthy dating trends?

- With more people focusing on fitness and wellbeing, there might be an increase in social fitness, going on dates that involve fitness.
- Snack dating trend involves going on quick and casual dates that involve eating less.

Why are people trying to be healthier while dating?

- Health and fitness are a huge push for people in their 20's and dating has become a good pathway to continue those trends.
- Also going on many unhealthy dates have hurt single's goals and progress in fitness.

Any other advice?

- Even if you are not typically a healthy person you should still be open to healthy dates.

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*NJS - 7/5/23*

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): 5/2/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Should you be stashing as much cash as possible

A cash stuffing trend is sweeping the internet world.

Why are people holding more cash?

- Half of Americans say they use cash more than they did a year ago.
- Many find it easier to budget with paper money.

Should you use cash only?

- Using cash is a good way to reduce racking up debt.
- When people use cash they are less likely to splurge spend.

Any other advice?

- Using cash could be a beneficial way to decrease spending.

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*Handwritten signature: N3-7/5/23*



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): 5/3/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Loneliness is more dangerous than smoking.

Loneliness is officially being declared a dangerous epidemic.

How dangerous is loneliness for your body?

- Widespread loneliness in the U.S. poses health risks as deadly as smoking a dozen cigarettes daily.
- Loneliness can put stress on the body that leads to many health risks.

Why is loneliness considered an epidemic?

- About half of U.S. adults say they've experienced loneliness.
- Crisis deeply worsened when COVID-19 spread, prompting schools and workplaces to shut their doors and sending millions of Americans to isolate themselves at home.

Any other advice?

- Loneliness is hard on the body but is something that everyone struggles with from time to time, so you are not alone.

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*LBJ - 7/5/23*



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): 5/9/23

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

Program name: The Riot

Program host(s): Hudson and Nikki

Program Topic: Postal service wants you to leave food at your mailbox

It's the largest food drive in the United States putting perishable foods at your mailbox.

Why are people leaving food at their mailbox?

- To take part in the largest food drive in the country to donate to the hungry.
- All you have to do is put non-perishable foods on May 13th.

Why is it on May 13th?

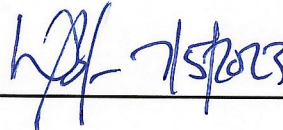
- Late spring is when food banks need supplies the most.
- May 13th is when food banks run out of their Christmas and Thanksgiving donations.

Any other advice?

- Donating to the food drive not only helps hungry people but also all of the food banks.

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 5/9/23

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):** 5/16/23

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

**Program name:** The Riot

**Program host(s):** Hudson and Nikki

**Program Topic:** Binging Youtube can lead to depression and loneliness

**Watching Youtube for long periods of time can put stress on a person's body**

**Why does Youtube result in depression and loneliness?**

- Binging on Youtube is often done alone for long periods of time resulting in loneliness.
- Also being in the house for long periods of time can be depressing for many.

**What can you do to improve this?**

- Watch Youtube in smaller spurts taking breaks to be productive.
- Try to set aside certain days a week where you do outdoor activities rather than binging.

**Any other advice?**

- Youtube isn't bad for you in certain spurts and can be helpful if it isn't used too much.

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**General Manager Affidavit signature:** \_\_\_\_\_

*Nikki - 7/5/23*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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**Date aired (MM/DD/YY):** 5/24/23

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

**Program name:** The Riot

**Program host(s):** Hudson and Nikki

**Program Topic:** Social Media triggering mental health issues

**Children using social media are more likely to have mental health issues**

**How does social media trigger mental health issues?**

- If used for more than 3 hours a day it doubles the risk of mental health issues.
- 46% of teens aged 13 to 17 said social media makes them feel worse about their own body image.

**What can you do to improve this?**

- Parents should monitor their child and teen's social media use "especially during adolescence, a particularly vulnerable period of brain development."
- It also urged them to block "unwanted content" and to be careful about sharing personal information.

**Any other advice?**

- All social media is not bad but if used inappropriately it can be harmful for youth.

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**General Manager Affidavit signature:** \_\_\_\_\_

*HDP - 7/5/2023*



KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 6/8/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Air quality can impact your pets as well

The air quality issues do not stop at humans

How do you keep your pets safe?

- Keep pets indoors as much as possible, with windows shut.
- If air quality alerts are in effect, you should let your dogs and cats outside only for brief bathroom breaks.

What are signs your pet is having trouble with the air?

- Coughing, Gagging, and Stumbling.
- Difficulty breathing, including open mouth breathing and increased noise when breathing.

Any other advice?

- Just like humans who have heart and lung issues, animals with cardiovascular and/or respiratory diseases are most at risk when it comes to suffering effects of wildfire smoke.

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General Manager Affidavit signature: \_\_\_\_\_

*WPH 7/5/23*



KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 6/14/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Just looking at pictures of food can make you fuller

People reported looking at food made them less likely to eat

How can looking at pictures of food before eating help you?

- It can be used as a dieting support technique.
- In the study people who looked at photos before ordering picked smaller portions.

How do you need to view it to be impactful?

- If you view the same image 30 times or more before ordering it will satiate you.
- The best time to look at the images is right before you order food.

Any other advice?

- This is not a diet by itself but can help if you are already on one.

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*WJL-7/15/23*

KRQZ Lompoc, CA

# PROGRAMMING ASCERTAINMENT FORM

Community/educational issues-oriented programming  
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Date aired (MM/DD/YY): 6/21/23

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

Program name: The Riot

Program host(s): Hudson and Isaia

Program Topic: Finland is teaching the rest of the world how to be happy

Finland is the happiest country in the world and they want to help everyone else

What are their biggest teachings in being happy?

- They are teaching nature and lifestyle, health and balance, design and every day, and food and wellbeing.
- They also are teaching the benefits of relaxation, especially utilizing the sauna.

How could the USA benefit from this?

- The USA was ranked 15th in happiness so we have a long way to go to be the happiest country.
- Also the USA was listed as one of the most stressed countries, which the benefits of relaxation could help the country.

Any other advice?

- Finland feel that happiness is a skill that can be learned and shared, rather than some sort of mystic state

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General Manager Affidavit signature: \_\_\_\_\_

*Handwritten signature: WBJ - 7/5/23*