

**REAL TALK RADIO 2023 FCC PUBLIC SERVICE 4TH QUARTER REPORT**

<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Constitutional Rights, Citizenship and Education	10/07/23	3:00 AM	9:06	Most Americans do not know what rights are protected under the 1st Amendment and a large number can't name all 3 branches of government, according to the 2023 Annenberg Constitution Day Civics Survey. Prof. Levendusky shared other findings from the survey.	Matt Levendusky, PhD, Prof in the Dept of Political Science at the u of Penn. Annenberg Public Policy Center.
Consumer Matters, Personal Health/Nutrition	10/07/23	3:00 AM	8:11	Registered dietitians and other online influencers are being paid to post videos that promote diet soda, sugar and supplements on Instagram and Tik Tok. Prof. Schwartz discussed the little-known tactics often used by the food industries to sway consumers. She talks about her to help viewers decipher the messages	
Artificial Intelligence, Personal Health	10/14/23	3:00 AM	9:02	Dr. Mann led a study of healthcare consumers that found that most of ChatGpt's responses to people's healthcare-related queries are nearly indistinguishable from those provided by human physicians. He believes the AI chatbots will be great tools for healthcare providers to communicate with patients.	Devin Mann, MD, Prof. in the Department of Medicine and Population Health at NYU Grossman School of Medicine.
Housing, Poverty, Economy	10/14/23	3:00 AM	8:18	Prof Painter shared his research that Americans who pay more than 30% of their income toward rent are forced to make trade-offs in other areas of their lives that can last for years. He said while some trade-offs, such as buying less clothing, cutting back on medicine or other health items could be devastating.	Gary Painter, PhD, Academic Director of the Carl H. Lindner College of Business real estate program.
Suicide Prevention, Veterans' Concerns, Mental Health	10/14/23	3:00 AM	5:03	Mr. Lorraine said the suicide rate of military vets is roughly twice that of the general population and is often spurred by more than just PTS syndrome or depression. He said underemployment, housing, economic issues also play a large role.	Jim Lorraine, military veteran, President of America's Warrior Partnership

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Adolescent Mental Health, Parenting	10/21/2023	3:00 AM	8:45	Dr. Damour offered advice for parents to understand their teenagers' intense and often fraught emotional lives - and how to support teens through this critical developmental stage. She discussed some of the most common myths relating to teenage emotions and distress, she offered tips to help them maintain control.	Lisa Damour, PhD, Senior Advisor to the Schubert Center for Child Studies at Case Western Reserve University.
High blood pressure, Personal Health	10/21/2023	3:00 AM	5:03	Getting enough sleep has never been more difficult. Prod. Haghayegh shared his research that found that women who struggled with getting enough sleep were at a greater risk of developing hypertension or high blood pressure, which is becoming more prevalent among American adults.	Shahab Haghayegh, PhD, Research Fellow at the Brigham and Harvard Medical School.
Workplace Matters, Business	10/28/2023	3:00 AM	8:16	Mr. Misner discussed right and wrong ways to complain at work. He explained why it is important for businesses to take deliberate actions to be sure their staff is heard. He said scheduling regular "complaining meetings" can change the entire mood of the workplace and lead to new ideas.	Ivan Misner PhD, founder of BNI, the world's largest business networking organization, author of "The 3rd Paradigm"
Health Insurance, Immigration, Senior Issues	10/28/2023	3:00 AM	8:59	Prof. Huguet led a study that revealed gaps in health insurance coverage for seniors residing in the US. She found that about a 1/4 of low-income patients receiving care at community health centers remain uninsured when they turn 65. They are not eligible for various reasons. About 20% of the people have health issues.	Nathalie Huguet, PhD, Assoc. Professor of Family Medicine, at the Oregon Health & Science University School of Medicine.

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Personal Finance	10/28/2023	3:00 AM	5:10	40% of Americans during the pandemic could not cover a \$400 emergency in cash. Ms. Cruze explained the psychology that influences how we spend and save money, and how to change those ingrained habits.	Rachel Cruze, personal finance expert, author of "Know yourself, Know Your Money"
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Government, Personal Health	11/4/2023	3:00 AM	8:30	Mr. Prerau discussed the history of Daylight Savings time. He disputed the myth that farmers are the main proponents of DST. He also explained where efforts stand to end the annual time change, and the possible options that Congress would choose from.	David S. Prerau, PhD, author of "eize the Daylight: The Curious and Contentious story of DST"
Medicare, Scams, Senior Issues	11/4/2023	3:00 AM	8:38	Misleading ads for Medicare Advantage policies are flooding the airwaves and mailboxes of Medicare recipients. Ms. Khlopin explained what Medicare Advantage is and how it differs from original Medicare. She advised of some scams and how they work, she advised seniors to be careful.	Martha Khlopin, Medicare expert, nationally syndicate radio host, founder of Ge2insurance.com
Medical Errors & Misdiagnoses, Public Health	11/11/2023	3:00 AM	8:30	Dr. Newman-Toker led what is to be the 1st rigorous national estimate of permanent disability and death from diagnostic error. It is estimate 795,000 Americans die or are permanently disabled by diagnostic error each year. His belief is to target high rate diseases with high error, may reduce some of these mistakes.	David Newman-Toker, M.D., PhD, Lead Investigator and Director of the John Hopkins Armstrong Institute Center for Diagnostic excellence.
Drinking Water Safety, Pollution, Government	11/11/2023	3:00 AM	8:54	Prof. Lewis' research found that water from many wells and community water systems across the US contain unsafe levels of toxic contaminants. She discussed the health effects of 7 contaminants, which include cancer, developmental delays and preterm birth and how they affect vulnerable populations.	Johnnye Lewis, PhD, Prof Emerita in the Department of Pharma Sciences at the U of New Mexico Health Sciences.

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Electric Vehicles, Consumer Matters	11/11/2023	3:00 AM	5:11	7.9% of cars sold in he US in the 3rd QTR of 2023 were electric vehicles. Mr. apppel outlined what consumers need to know about the 3 levels of EV charging currently available, and the pluses and minuses of each.	Tom Appel, Publisher of Consumer Guide Automotive, co-host of the Consumer Guide Car Stuff podcast.
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Education, Career, Parenting	11/18/2023	3:00 AM	8:48	Ms. Gamm explained why parents, educators and employers urgently need to understand today's generation of teens and young adults. She talked about the revolutionary effect that technological advances have had on education and the development of the human mind. Every American needs to have a basic understanding. of current technology.	Hilarie Gamm, tech industry expert, author of "Billions Lost: The American Tech Crisis and The Road Map to Change"
Agriculture, Environment	11/18/2023	3:00 AM	8:27	Dr. Graham explained the importance of bees to the nation's food supply. She also discussed the role that pesticides and climate change may be having on bee populations in North Amrica. She outlined simple steps that people can take to increase bee populations in their communities.	Dr. Graham, PhD, pollinator conservation specialist at Michigan State University.
Child Safety, Traffic Safety	11/18/2023	3:00 AM	4:54	About every 5 days , a child in the U.S. dies from a train collison. Ms. Rosenthal said young people, particularly teenagers, do not understand how dangerous railroad tracks and crossings are. She offered advice to parents to teach their kids to not walk or take selfies on railroad tracks, to not walk with earbuds in, and to never try to beat a train at a railroad crossing.	Kristin Rosenthal, pedestran and bike safety expert from Safe Kids Worldwide.

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Workplace Matters, Careers	11/25/2023	3:00 AM	8:31	Mr. Bailey said that he human brain has 2 poerful modes that can be unlockedwhen we use our attention well: a focused mode and a creative mode. He explained how to unlock each of these mental modes in order to concentrate more deeply, think more clearly to live more clearly.	Chris Bailey, productivity expert, author of "Hyperfocus: How to Be More Productive in a World of Distraction"
Organ Donation, Government Regulation	11/25/2023	3:00 AM	8:44	Ms. Murnaghan's young daughter desperately needed a set of donor lungs. A set of lungs was available and there was nothing standing in the way medically, but a federal policy barred children under the age of 12 from receiving adult lungs. Ms. Marnaghan talked about her quest to save Sarah and other kids in similar situations. She eventually got the rule lifted.	Janet Marnaghan, journalist, author of "Saving Sarah: One Mother's Battle Against the Health Care System to Save Her Daughter's Life.
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AI, Employment	12/2/2023	3:00 AM	8:51	Prof. McFarland co-authored a recent study that found that the use of ai tools elevates the skills of the lowest performers across a wide range of fields to, or even far above, what was previously average performance. He believes AI will not replace most human creativity and problem solving.	Edward McFowland III, PhD, Ass Prof in the Tech and Operations Management Unit at Harvard Business School.
Energy, Employment, Environment	12/2/2023	3:00 AM	8:32	Prof. Frank studies job prospects for fossil fuel workers in the green energy transition. He said that fossil fuel workers have skills that are compatible with green jobs, but they face geographic and social barriers to relocate. He also explained why green jobs will span across different skill levels and sectors.	Morgan Frank, PhD, Ass Prof in the U of Pittsburgh's School of Computing and Information.

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Public Health, Mental Health	12/9/2024	3:00 AM	8:37	Burnout is highly prevalent across most healthcare careers, but especially among trainee physicians. Dr. Fainstad developed a pilot program that successfully reduced burnout among female medical residents. She explained that while the program is digital, including video coaching calls, she found it effective.	Tyra Fainstand, MD, Ass Prof at the U of Colorado School of Medicine.
Cyberbullying, Eating Disorders, Discrimination	12/9/2024	3:00 AM	8:44	Dr. Nagata's study of US adolescents found that both victims and perpetrators of cyberbullying were more likely than other youth to experience eating disorder symptoms, including worrying about weight gain, self-worth tied to weight and binge eating. Teachers should be encouraged to report harassment.	Jason M. Nagata MD, Ass Prof of Pediatrics in the Div of Adolescent and Young Adult Medicine at U of Cal San Francisco.
		3:00 AM			
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Social Security, government, Consumer Matters	12/16/2024	3:00 AM	8:44	Prof. Kotikoff explained the problem of Social Security clawbacks. He said each year more than a million unsuspecting Americans receive letters from the Social Security Admin. Demanding repayment of thousands of dollars of overpaid benefits, dut to SSA mistakes that occurred sometimes decades earlier. He proposed efforts to stop clawbacks.	Laurence J. Kotlidoff, PhD, Prof of Econ and William Warren Fairfield Prof at Boston U.

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School Violence	12/16/2024	3:00 AM	8:41	Mr. Perry was the lead author of a study that examined how teachers rate different approaches to student violence. He said teachers believe that removing of r expelling students from school after a violent incident is the least effective response, because it may increase violence against teachers.	Andrew Perry, post doctoral scholar in the Department of Educational Studies at Ohio State University.
Air Pollution, High Blood Pressure	12/16/2024	3:00 AM	5:08	Dr. Kaufman led a recent study that found a link between highway air pollution and higher blood pressure. He said the impact is significant enough to be comparable to other blood pressure factors such as sodium intake and medication.	Joel Kaufman, PhD, physician, Prof of Environmental and Occupational Health Sciences at the U of Washington.
Crime, Online Security, Personal Finance	12/23/2024	3:00 AM	7:43	Scammers have devised a new scheme to steal thousands of dollars from homebuyers who are about to close on a house. Mr. Kalember said buyers are often tricked into wiring their down payment on the day of closing to a fraudulent offshore account, by criminals who have hackedc the agent's or title company's email account.	Ryan Kalember, Senior Vice Pres of Cybersecurity Strategy for online security company Proofpoint.
Nutrition5:01	12/23/2024	3:00 AM	5:01	Dr. Gewirtz was the co-author of a surprising study that found that adding highly refined fiber to processed foods could have negative effects on human health, including liver cancer. He explained what ingredients consumers need to watch for on processed food labels. He said it's better to whole foods, fruits and soluble fiber.	Andrew Gewirtz, PhD, Prof in the Institute for Biomedical Sciences at Georgia State University.