

**REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT**

<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Alcoholism	01/06/24	3:00 AM	8:48	Ms Grace shared her spersonal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain and how quitting alcohol can restore the natural pleasure system.	Annie Grace, receovering alocoholic, author of "This Naked Mind," foudner of the This Naked Mind Community.
Personal Health, Environment, Consumer Matters	01/06/24	3:00 AM	8:39	Prof. Jung led a study of Americans' typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on heath. She said to use an exhaust fan.	Nusrat Jung, D. Sc., Ass Prof of Civil Engineering in the Lyles School of Civil Engineering at Purdue U
Blood Donations, Public Health	01/06/24	c	5:03	The Red Cross announced this week that they are experiencing an emergency blod shortage, with blood inventory at critically low levels. Dr. Gehrie explained the reasons behind the current shortage and how listeners to sign up to make a blood donation.	Eric Gehrie, MD, Executive Medical Director of the American Red Cross.
Electric Vehicle, Consumer Matters	01/12/24	3:00 AM	8:44	Mr. Elek Sared results of Consumer Reports' newly-release annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He siad that on average, kEVKS from the past 3 model years had 79% more problems.	Steve Elek, Senior Automotive Data Analyst at Consumer Reports.
Mental Health, Telehealth, Youth Issues	01/12/24	3:00 AM	8:41	Ms. Korzen explained how she accidentally became a viral star on Tik Tok in her 80's, why she enjoys interacting with younger people, and how she uses, humor to cope with aging. She explained why she thinks younger people are starting to look to older women for wisdom and life instructions.	Aniie Korzen, social media personality, humorist, actor , author of "The Book of Annie: Humor, Heart, and Chutzpah;

**REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT**

<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Digital Currencies, Personal Finance	<b>1/27/2024</b>	3:00 AM	8:58 AM	Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience.	Vijay Boyapati, Bitcoin expert, author of "The Bullish Cases for Bitcoin"
Substance Abuse, Parenting	<b>1/27/2024</b>	3:00 AM	8:15	Mrs. Stack why she founded Johnny's Ambassadors, after her 19 year old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. Marijuana can cause brain damage and mental health issues.	Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about
Personal Health	<b>1/27/2024</b>	3:00 AM	5:01	Hitting the gym at night won't keep you tossing and turning all night, contrary to popular belief. Ms. Larsen led a recent study that found that evening high-intensity cycling didn't ruin sleep and may even reduce appetite. She said study participants also seemed to have more energy when exercise occurred later in the day.	Penelope Larsen, researcher and PhD candidate in the School of Exercise Science, Sport & Health at Charles Sturt University, Bathurst, New S. Wales, Australia
Manufacturing, Economy, Government	<b>2/3/2024</b>	3:00 AM	8:43	The US has fallen from the top spot to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, unions and work life balance.	Rachel Slade, "Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A (And How it Got That Way)"

## REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT

Personal Health, Science	2/3/2024	3:00 AM	8:37	Diabetes affects one out of every 9 Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet, fewer carbohydrates and more fat, over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods. The current crisis is fueled by overeating and obesity.	Gary Taubes, journalist, author of "Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments"
DESCRIPTION OF ISSUE	DATE	TIME	DURATION	DESCRIPTION	SHOW/HOST
Mental Health, Child Abuse	2/10/2024	3:00 AM	8:41	Many Americans are living with the effects of trauma and long-term stress. Dr. Buque, discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. Most abuse starts in childhood. She talked about <a href="#">how to break the cycle</a>	Mariel Buque, PhD, psychologist, author of "Break the Cycle: A Guide to Healing Intergenerational Trauma"
Personal Health, Longevity	2/10/2024	3:00 AM	8:41	Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and meditation.	Greg Hammer, PhD, recently retired professor at Stanford U School of Medicine, pediatric intensive care physician, pediatric anesthesiologist.
Taxes, Transportation Infrastructure	2/10/2024	3:00 AM	5:00	America's roads are in bad shape and getting more wear than ever. Mr. Groehn discussed ways that road repairs and improvements may be paid for in the future, as a growing number of electric vehicle owners sidestep the gasoline taxes that currently finance road maintenance.	Andreas Groehn, Director of the Berkeley Research Group.
Alcohol Abuse, Child Abuse and Neglect, Foster Care	2/17/2024	3:00 AM	9:27	Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program's purpose was to reduce alcohol-related problems in 2 neighborhoods in the city, one city reduced its foster care as a result.	Bridget Freisthler, PhD, Prof in the College of Social work at Ohio State University.

**REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT**

Government Assistance, Disabilities, Rural Concerns, Aging	2/17/2024	3:00 AM	7:46	Older Americans, low income workers, and people with disabilities are over represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof Henly discussed the numerous barriers to getting information about and enrolling in programs like Social Security disability and retirement benefits. She discusses what can be done about the problem.	Megan Henly, PhD, Research Ass Prof in the Institute on Disability at the U of New Hampshire.
<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Mental Health, Personal Health	2/24/2024	3:00 AM	9:33	Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the 3 types of loneliness. He also discussed the negative health consequences - both mental and physical, of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people.	Jeremy Nobel, MD< MPH, founder of the non profit foundation for art and healing, author of "Project Unlonely: Healing Our Crisis of Disconnection."
Women's Health, Domestic Abuse, Mental Health	2/24/2024	3:00 AM	7:47	Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but it is now often termed anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. Domestic abuse is often not recognized in women by doctors.	Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center.
Home Safety, Government Regulation, Consumer Matters	2/24/2024	3:00 AM	5:01	Dr. Bonne led a study of injuries caused by glass-topped table. She said the furniture causes thousands of injuries each year. Many severe and requiring surgery and long hospital stays. Even tempered glass is required for doors and car windshields, it is not for furniture or other items.	Stephanie L. Bonne, MD, Ass Prof of Surgery, Director of the Hospital Violence Intervention Program at Rutgers New Jersey Medical School.

**REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT**

Food Safety, Personal Health, Consumer Matters	3/2/2024	3:00 AM	8:14	Plasticizers - used to make plastic more flexible and more durable, are so widely used that today, they show up inside almost every American's body. Dr. Rogers talked about Consumer Reports; recent tests, which found that nearly all foods contain phthalates and bisphenols, often at high levels. He offered steps to consumers to reduce them.	James E. Roger, PhD, Director Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports
Traffic Fatalities, Government	3/2/2024	3:00 AM	8:54	Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault.	Harvey Miller, PhD, Prof of Geography at Ohio State University
<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Personal Health	3/10/2024	3:00 AM	7:29	Dr. Fagerlin was the senior author of a study that found that 60 to 80% of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors and why it's dangerous to patients.	Angela Fagerlin, PhD., Chair of Population Health Sciences at U of Utah Health Research Scientist with the VA Salt Lake City Health System's information.
Sexual Abuse, Parenting, Mental Health	3/10/2024	3:00 AM	9:40	Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs and therapy in coping.	teresa Gil, PhD, psychotherapist, author of "Women Who Were Sexually Abused AS Children"

**REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT**

Parenting, Obesity, Consumer Matters	3/10/2024	3:00 AM	4:51	Advertising works, and Dr. Emond's study found that kids who were exposed to TV ads for high-sugar cereals were more likely to later eat the cereals they saw advertised. She talked about the effect this may have on diet quality and childhood obesity and offered suggestions to parents on how to control TV watching, especially for small children.	Jennifer Emond, PhD, member of the Cancer Control Research Program at Dartmouth College's Norris Cotton Cancer Center. Ass. Prof in Dept of Biomedical Data.
Emergency Services, Public Health, Government	3/17/2024	3:00 AM	8:12	Dr. Redlener led a study that found that emergency medical services (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban and rural services.	Micael Redlener, MD, Associate Prof of Emergency Medicine at Icahn School of Medicine of Mount Sinai.
teenager Cocerns, Parenting, Mental Health	3/17/2024	3:00 AM	9:12	Teenage girls struggle with a wide variety of issues. Ms Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non judgmental questions. She also talked about the value of sports.	Chelsy Goddan academic tutor and mentor, author of "Underestimated: The Wisdom and Power of Teenage Girls"
<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Housing, Community Development, Government	3/24/2024	3:00 AM	8:53	Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives and cultural expectations often impede urban renewal.	Charles L. Marohn Jr, land-use planner, municipal engineer, author of "Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis"

**REAL TALK RADIO 2024 FCC PUBLIC SERVICE 1ST QUARTER REPORT**

Personal Health	3/24/2024	3:00 AM	8:30	Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led studies that have determined that, contrary to long-held beliefs, the machines do not lower the patients risk of heart disease.	Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia U Vagelo College of Physicians and Surgeons.
Education	3/24/2024	3:00 AM	4:51	Laptops, tablets and other electronic devices are common \place in today's classrooms. But Ms. Mueller co-authored a study that found taking notes by typing, rather than writing, interferes with stuent's ability to process and remember information. Her research indicated that students wo take notes with pen and paper recall more material.	Pam Mueller, graduate student, Department of Psychology, Princeton University.