

REAL TALK RADIO FCC PUBLIC SERVICE 1ST QUARTER REPORT 2023

DESCRIPTION OF ISSUE	DATE	TIME	DURATION	DESCRIPTION	SHOW/HOST
Transportation, Supply Chain, Employment	01/03/23	3:00 AM	9:44	Mr. Spencer says driver often spend 30% of the work week dealing w/inefficiencies in the supply chain. They also discussed road constructions and how to make improvements.	Todd Spencer Pres of Owner-Operator Independent Drivers Assoc.
Homelessness, Substance Abuse and Government Programs	01/03/23	3:00 AM	7:33	Prof. Slesnick Led a study suggesting that giving some homeless mother with young children a place to live may do little to help them if it is not combined with support services. She outlined the most effective means of support	Natasha Slesnick, PhD. Professor of Human Dev & Family Science Ohio State
Literacy, Parenting	01/03/23	3:00 AM	5:07	Ms. Thompson discussed the importance of encouraging reading in young children and the major obstacles created by electronic screens. She talked about the long-lasting health and wellness benefits connected to reading and why it is so important for parents to set a good example in reading habits.	Donna Thompson, PhD, MBA retired college educator.
Substance Abuse and Treatment, Government Policies	01/10/23	3:00 AM	17:52	Fentanyl overdoses are the leading cause of death for Americans from 18-49, more than car accidents of suicides. Every 7 minutes someone dies of an overdose, the death rate has jumped 94% since 2019. Dr. Volkow discussed why the problem has skyrocketed and how the federal government is dealing with it. She spoke of the importance of education and treatment programs and the troubling effects on pregnant women.	Nora Volkow, MD Director of the National Institute of Health

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Substance Abuse and Treatment, Community Rehab, Law Enforcement and Homelessness	01/10/23	3:00 AM	5:08	The opioid crisis' damage to US communities cost the economy \$1.5 trillion in 2020 alone, according to congressional analysis. Mr. Quinones talked about septs that cities and towns can take to try to repair community bonds, most effectively on the neighborhood, school and church level. He believes that stronger law enforcement is necessary to force drug abusers into treatment, whether they want it or not.	Sam Quinones, author of "The Least of Us: True Tales of America and Hope in the Time of Fentanyl and Meth"
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Women's concerns, Youth Sports	1/17/2023	3:00 AM	8:29	Girls drop out of organized sports at twice the rate of boys at age 14. and half quit by age 17. 65% develop disordered eating habits that compromise their ease around food, sometimes irreparably. She speaks about emerging research on the physiology and psychology of young athletes and what coaches and parents should know. She outlined changes in organized sports to empower and encourage young women to join and stay.	Lauren Fleshman, winner of NCAA championships at Stanford University and author of "Good for A Girl: A woman Running in a Man's World"
Mental Health, Personal Productivity, Career	1/17/2023	3:00 AM	8:53	Mr. Bailey had the inspiration to write his book after a panic attack he had onstage in front of a 100 person audience. He outlined simple steps he took in the moment and in the long-term to conquer burnout. He gradually restored calm and tranquility to his life. He talked about sources of hidden stress from people and activities we expose ourselves to.	Chris Bailey, author of "How to Calm Your Mind: Finding Presence and Productivity in Anxious Times"
Payday Loans, Poverty, Government Regulations	1/17/2023	3:00 AM	5:10	Mr. Lohrentz conducted a study of payday loans and their net impact on the US economy. He found that the burden of repaying the high-interest loans results in \$774 million in lost consumer spending and 14,000 job losses annually. He outlined the alternatives to payday loans that are available to low-income borrowers.	Tim Lohrents, Program Manager of the Insight Center for Community Economic Development Organization.

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Economics, Career, Education	1/24/2023	3:00 AM	9:17	Dr. Roth is one of the world's leading experts on matching markets, where "sellers" and "buyers" must choose each other, and price isn't the only factor that determines who gets what. He explained how market designs affect, may less obvious aspects of life, such as the chances of getting a job or whether a university accepts a prospective student.	Alvin E. Roth, PhD, Craig and Susan McCaw Prof of Econ at Stanford University, JGund Prof of Econ and Business Admin. Emeritus at Harvard .
Personal Health	1/24/2023	3:00 AM	8:01	According to Dr. Kahn, more than 75% of cases of heart attacks, strokes, and other cardiovascular disease events are preventable. He explained how lifestyle choices can make a huge difference in the development of heart diseases and he said changes in diet and exercise can often reverse the disease.	Joel Kahn, MD, Clinical Professor of Medicine at Wayne State University School of Medicine and Director of Cardiac Wellness, Michigan Healthcare Professionals PC.
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Poverty, education, Minority Concerns, Parenting	1/24/2023	3:00 AM	5:00	Mr. Tough discussed a groundbreaking anti-poverty initiative called the Harlem Children's Zone. The creator of the program theorized that in order for poor kids to compete with their middle-class peers, everything in their lives - schools, neighborhoods, parenting practices all must be changed at once.	Paul Tough, former editor at the New York Times Magazine, nationally recognized writer on poverty, education and the achievement gap.
Consumer Matters, Employment, Economy	1/31/2023	3:00 AM	8:58	Tippling for food at the end of a dining experience has traditionally been the norm at full-service restaurants. Prof. Karabas shared his research into a new trend: tip requests at businesses where customers order at the counter, pay for their items before getting their food and receive minimal to no service. He explained the reasons behind the change. He found that some consumers are so annoyed by the requests that they take their business elsewhere.	Ismail Karabas, PhD, Marketing Professor at Murry State University.

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Entrepreneurism, Personal Productivity and Career	1/31/2023	3:00 AM	8:18	Mr. Martell shared his story of a traumatic childhood and arrest as a teenager, which amazingly led to an interest in software coding and entrepreneurship. He offered suggestions for entrepreneurs to value and use time more productively. He also offered advice to avoid burnout.	Dan Martell, author of "Buy Back Your Time: Get Unstuck, Reclaim Your Freedom, and Build Your Empire"
Gambling Addiction, Government Policies	1/31/2023	3:00 AM	5:07	Americans in dozens of states can now buy lottery tickets in a growing number of ways. Mr. Bernal talked about the increasingly aggressive ways that governments are marketing new lottery products, and how the targets are typically lower income citizens. He believes that governments have created a mindset that discourages saving and personal responsibility.	Les Bernal, Executive Director of Stop Predatory Gambling, a national grassroots citizen's movement.
Consumer Matters, Employment, Economy	2/7/2023	3:00 AM	9:12	Some studies claim that 4-6% of those in US prisons are not guilty of the crime for which they were convicted. Prof. Smith and his team of researchers developed a new procedure to capture more information from eyewitnesses during police investigations and better detect a suspect's guilt or innocence. He explained how the innovation improves the reliability of police lineups.	Andrew Smith, PhD, cognitive psychologist and Assistant Professor at Iowa State University.
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Mental Health, Personal Productivity	2/7/2023	3:00 AM	8:10 AM	A recent study reported in the Journal of Experimental Psychology suggests that the act of "just thinking" can be more rewarding than we might realize. Mr. McDiamid outlined the study's findings and explained why Americans should resist the urge to pull out their phones so frequently and spend some time just thinking instead.	Andrew McDiarmid, Senior Fellow, Discovery Institute, a non-profit, non-partisan org for research, education, action, and cultural renewal.
Electric Vehicles, Consumer Matters, Environment	2/7/2023	3:00 AM	4:53	Mr. Appel talked about the affordability of electric vehicles and how the EV marketplace has been changing, partly as a result of revised federal laws and rebates. He also explained who is the best candidate to own an EV and whether now is a wise time to buy.	Tom Appel, Publisher of Consumer Guide Automotive

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Mental Health, Stress	2/14/2023	3:00 AM	7:57	Prof. Neupert, wrote a report that analyzed two new studies that found that young adults who utilize preemptive stress-reduction steps that focus on the future are better able to avoid negative health outcomes. She talked about the most effective proactive techniques and where young adults should be taught how to deal with stress.	Shevaun Neupert, PhD, Prof of Psychology at North Carolina State University.
Career, Personal Productivity, Mental Health	2/14/2023	3:00 AM	9:16	Ms. Witkowski outlined the most common misconceptions about risk and why people should be much more comfortable making decisions in the face of uncertainty. She talked about the reasons that fear and failure are such important components in taking risks in business, career and life.	Angie Morgan Witkowski, leadership and career coach, author of "Bet on You: How to Win with Risk"
Nutrition, Hunger, Women's Issues	2/14/2023	3:00 AM	5:06	Ms. Parnarouskis was the first author of a study that examined the connection between food insecurity and the overconsumption of processed foods. She found that women experiencing food insecurity more frequently report symptoms of food addiction, such as compulsive eating of certain types of food, unsuccessful attempts to cut down and withdrawal symptoms.	Lidnsey Parnarouskis, MS, doctoral candidate, Dept of Psychology, University of Michigan.
Consumer Matters, Economy, Employment	2/22/2023	3:00 AM	8:10	Ms. Villanueva Beard outlined the mission of her organization and explained why it is so important to recruit college graduates from top universities around the United States to serve as teachers in urban and rural schools. She talked about the biggest obstacles in recruiting quality teachers and how interested students can apply for Teach For America.	Elisa Villanueva Beard, CEO of Teach For America, a non profit organization dedicated to improving educational outcomes for low-income students.
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Consumer Matters Economy	2/22/2023	3:00 AM	8:10	A recent Fidelity survey found that half of Gen Zers say they don't see a point in saving money until things return to "normal". Ms. Williams said young people may be seeking some sort of control, in the face of runaway inflation and economic uncertainty.	Lauryn Williams, Certified Financial Planner

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Veterans" Concerns, Suicide, Mental Health	2/22/2023	3:00 AM	5:09	Dr. Miller shared VA's latest data showing meaningful downward trends in veteran suicide counts and rates. He discussed the growing use of the Veterans Crisis Line (dial 988 then press 1) and other resources available to veterans in crisis. He outlined the warning signs and what you can do to help.	Matthew A. Miller, PhD, MPH, Executive Dir for VA Suicide Prevention for the US Dept of Vet Affairs.
Sickle Cell Disease, Blood Donations and Diversity	2/28/2023	3:00 AM	8:32	Sickle cell disease is the most common genetic blood disorder in the US and regular blood transfusions are critical to manage extreme pain and complications. Dr. Miller discussed Red Cross efforts to promote diversity in blood supply, increase donor recruitment and retention in the black community.	Yvette M. Miller, MD, Executive Medical Officer for the American Red Cross Donor and Client Support Center.
Personal Finance, Entrepreneurism	2/28/2023	3:00 AM	8:51	Ms. Valentino says that turbulent financial times are often historic opportunities to invest more in real estate and the financial markets. She outlined six steps to grow wealth. She explained why owning real estate or a small business are her favorite investment vehicles. 75% of wealthy people either own or their family owns a business.	Candy Valentino, finance and wealth advisor, author of "Wealth Habits: 6 Ordinary Steps to Achieve Extraordinary Financial Freedom"
Mass Shootings, Mental Health	2/28/2023	3:00 AM	5:07	Dr. West led an analysis of psychological crises exhibited by 177 mass shooters. He found that social isolation was the most important external indicator leading up to the attacks. He thinks to target the isolation to prevent attacks.	Samuel West, PhD, Ass Prof of Psychology at Virginia State University.
Bullying, Parenting, Youth at Risk	3/6/2023	3:00 AM	8:44	1 in 5 students report being bullied at school. Ms. Gockley said the CDC believe 50 to 70% of cases are not reported. She discussed the culture of bullying in America, how parents can protect their children and parents of bullies can see the behavior in their children and address it.	Pamela Gockley, Certified Bullying Prevention Specialist. Founder of the Camel Project.
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Learning Disabilities	3/6/23	3:00 AM	8:41	Dyslexia has traditionally been defined as a reading and spelling disorder. Dr. Eide said recent research has proven that these challenges are not Dyslexia's main features. He says that they are trade-offs resulting from a different pattern of brain organization and that it has powerful advantages.	Brock L. Eide. M.D., MA, co-author of "The dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain"
Alzheimer's Disease, Nutrition, Aging	3/6/2023	3:00 AM	5:05	Dr. Ismail was the lead author of a large 10 yr study that found 40% fewer dementia diagnoses in people who took vit D supplements and lived longer without dementia.	Samuel Zahinoor Ismail, MD FRCP.
Workplace Matter, Mental Health, Productivity	3/11/2023	3:00 AM	8:40	The 4 day week is more of a reality in the current workplace, Prof. Schor co-authored an international study of the trend. Most companies have stuck with this model. She also covers the benefits that results from a 32 hour work week for the company and the employee.	Julier B. Schor, PhD, Prof of Sociology, Boston College.
Youth Suicide, Mental Health Services and Parenting	3/11/2023	3:00 AM	8:43	Suicide rates for adolescents have increased significantly in recent years. Dr. Sekhar said while children are screened for health, vision and hearing, they are not screened for mental health issues. She led a study that evaluated mental health screening and found it was	Deepa L. Sekhar, MD. Exec. Dir of Penn State PRO Wellness, Ass. Prof of Ped Penn State College of Medicine.
Personal Health	3/11/2023	3:00 AM	5:09	He did a study that found statins may counteract with exercise, which is a way to combat heart disease. He explained why Drs. Prescribe statins and how much exercise can benefited people with high cholesterol.	Joh P. Thyfault, PhD, Prof of Nutrition and Exercise Physiology, Director of the Health Activity Center at the U of Missouri
Women's concerns, Career, Marriage	3/25/2023	3:00 AM	9:22	Can Women have it all, between home and career? Wallace covers these topics as well as the support of husbands, she offers advise to women.	Elizabeth Wallace, co-author, "The Ambition Decisions: What Women Know About Work, Family and path to building a better life"

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Parenting, Children's Issues	3/18/2023	3:00 AM	7:52	Lickona led the character education movement in schools for 40 years. He outlined the tools parents need to foster peace and cooperation at home. Changes in our culture has made it harder to raise kind children. He suggests tools	Thomas Lickona, PhD, author of "how to Raise Kind Kids: And Get Respect, Gratitude, and a Happier Family"
Privacy, Children's Issues, Parenting	3/18/2023	3:00 AM	4:56	Mr. Reyes led a study that found more than 3300 Android apps from Google Play Store are improperly tracking kids and potentially violating Federal Law. He outlined the types of data that is being collected and what is being done with it. He thinks it also applies to I-Phones, but Apple's system won't allow it.	Irwin Reyes, Researcher in the Usable Sec. and Privacy Group at the at the Inter Computer Science Ins. Berkeley
Disability and awareness	3/25/2023	3:00 AM	8:40	Ms. Mishkin discussed the difficulties faced by disabled children, and the crucial importance of therapy, services and support to help them. She shared her personal story of severe vision disabilities as a child and eventual blindness. She said a disability is akin to taking a detour in life. With help they can have a good life.	H Penny Mishkin, Columbia Univer, author of "How I See It: A Personal and Historical View of Disability"
Crime, Consumer Matters and Ethics	3/25/2023	3:00 AM	8:43	Consumer scams, frauds, and unethical gouging are on the rise, causing significant financial and emotional harm to unsuspecting individuals and exacerbating economic inequalities. Mr. Docters discussed the factors behind the jump in fraud. He explained why it is often hard to recognize fraud or scams on social media.	Rob Docters, Partner and Head of Ethics Practices at Abbey Road, LLP, Co-author of Ethics and Hidden Greed
Drunk Driving Prevention, Substance Abuse	3/25/2023	3:00 AM	5:09	Alcohol is the 3rd leading cause of preventable death in the US, with alcohol-impaired driving alone claiming 11,654 lives in 2020. Dr. Kilmer shared the results of a Rand study of a unique statewide alcohol-monitoring program in South Dakota. The program requires drunk drivers to be tested 2x a day, which lowered deaths.	Beau Kilmer, PhD, McCauley Chair in Drug Policy Innovation, at the RAND Corp and Co-Dir, RAND Drug Policy Research.

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