

Solution for 5.4 O'er (the) Sea (Answer = PRECOCIOUS)

Some of the three digit numbers are international dialing codes. Taking only the ones that are, and using the first letter of the countries involved, you get the message

EFFECT

OF

TV

INTO

PRECIOUS

YOUNG

MINDS

The message is a cryptic. All the people in the list are characters from The OC. The brace, centred on PRECIOUS, should clue you to insert OC into precious, giving you precOCious, which I guess could be an effect of TV on young minds.