

**REAL TALK RADIO FCC PUBLIC SERVICE 3RD QUARTER REPORT 2022**

<b>DESCRIPTION OF ISSUE</b>	<b>DATE</b>	<b>TIME</b>	<b>DURATION</b>	<b>DESCRIPTION</b>	<b>SHOW/HOST</b>
Philanthropy, Volunteerism	06/04/22	3:00 AM	8:11 AM	Mr. Winston explained the important distinctions between giving, charity and philanthropy. Philanthropy is not just for the ultra rich. He believes non-profits should rely on resources from middle-class Americans donations and not government funding	Les Winston, expert in philanthropic financial planning. SocialSecurity.org
Personal Health, Youth at Risk	06/11/22	3:00 AM	8:05	Prof. Noar led a study that examined the most effective anti-vaping messages for teens. He found that anti-vaping ads geared to teens have the greatest impact when they focus on the harms of vaping, using negative imagery.	Seth M. Noar, PhD, Prof. University of N. Carolina Hussmann School of Journalism.
Women's Issues, Mental Health, Physical Fitness	06/18/22	3:00 AM	7:48	Dr. Ginis led a study finding that just a half hour of exercise can have a profound effect on a women's body image, making her feel both stronger and thinner. Women in general have a tendency to feel negative about their bodies - leaving a poor body image having negative implications for a woman's psychological and physical health.	Kathleen Martin Ginis, PhD, Prof in the School of Health and Exercise Sciences at the University of British Columbia
Personal Health	06/25/22	3:00 AM	7:35	Prof Tofler led a study that found that about one in five amateur athletes over age 35 had one or more possible cardiac symptom during a soccer game in the prior year, but only a quarter of them sought medical attention. He talked about the potential symptoms and risks, and explained why immediate treatment is vital.	Geoffrey Tofler, Prof of Preventative Cardiology, U of Sydney, Senior Staff Specialist in Cardiology, Royal North Shore Hospital.

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Sexual Harassment, Women's Issues, Minority Concerns, Workplace Matters	07/02/22	3:00 AM	9:28	Ms. Lipman discussed the current state of the gender gap in today's workplace. She said Diversity Training has made the situation worse - because it makes men feel demonized. She believes that equalizing genders in the workplace lies in reaching across gender divide so men become allies.	Joanne Lipman, Author of "That's what she said: What Men Need to Know (and Women Need to Tell Them) About Working Together."
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Consumer matter, Media	7/2/2022	3:00 AM	7:39	Mr. Thompson said nothing simply "goes viral". He explained the little-known factors that cause that a popular movie, song, or app to come out of nowhere to become a word-of-mouth success in today's crowded media environment. He outlined possible ways these trends may affect consumer's decision making in the future.	Derek Thompson, author of "Hit Makers" How to Succeed in an Age of Distraction:.
Mass Shootings, Criminal Justice, Mental Health	7/9/2022	3:00 AM	9:02	Prof Peterson is the co-developer of a database that contains information about every mass shooter in the US since 1966. She said the database is the most comprehensive ever developed, designed to answer the how and why of mass shootings using data-driven research. She discussed the 4 most common characteristics of mass shooters. She also outlined steps to prevent mass shootings.	Prof. Peterson, PhD, Ass. Prof of Criminology and Criminal Justice at Hamline University
Parenting, Entrepreneurism	7/16/2022	3:00 AM	7:09	Ms. Bisnow interviewed 70 people who were either entrepreneurs or who raised highly successful adults. She explained why parents should want to raise a child with and entrepreneurial outlook, and why teaching independence and compassion are so important.	Margot Machol Bisnow, former FTC Commissioner and Chief of Staff of the President's Council of Economic Advisers, author of "Raising an Entrepreneur"

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Retirement Planning, Senior Citizens, Personal Finance	7/23/2022	3:00 AM	8:43	Ms. Benz discussed costly areas of retirement that often are forgotten by Americans saving for their senior years. She said healthcare costs and taxes top the list. She outlined strategies to determine how and when to withdraw IRA or 401K funds to cover these significant expenses.	Christine Bens, Director of Personal Finance at Morningstar, Inc.
Traumatic Brain Injuries	8/6/2022	3:00 AM	7:16	Traumatic brain injury is the leading cause of death and disability in children 0-4 and 15-19 years of age, and Dr. Collk noted that ER visits for concussions and similar injuries have nearly tripled in the past 20 years. He added that, while traumatic brain injuries increased in women's sports, such as volleyball, soccer and cheerleading, are un-helmeted activities plus the fact that concussion awareness has improved.	Alan Cook, MD, Medial Director in the Center for Clinical Research at the School of Community and Rural Health, The University of Texas at Tyler Health Science Center.
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Military Issues, Mental Health, Suicide	8/13/2022	3:00 AM	7:33	Dr. Waitzkin said many active-duty military personnel are making extensive use of private mental health services. He explained that they often do so because they are dissatisfied with the quality of military care and are worried about reprisals from their command. He discussed outside help that is offered by a nationwide civilian network of volunteer mental health professionals.	Howard Waitzkin, MD, PhD, Distinguished Professor Emeritus in the Department of Sociology at the University of New Mexico.
Parenting, Mental Health and Education	8/20/2022	3:00 AM	9:12	In the past few years, Mr. Johnson and his co-author found that high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. He believes the best antidote to stress is to give kids a greater sense of control over their lives, while still maintaining authority as parents. He discussed several ways that parents can give children of all ages a healthy dose of self determination and control.	Ned Johnson, education expert, founder of PrepMatters, a tutoring service in Washington, DC, co-author of "The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives".

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Gambling Addiction, Mental Health	8/27/2022	3:00 AM	9:18	Gambling is more available than any time in h history and over 10 million adults have sought help for problem gambling. Prof. Rodda examined the results of 24 studies conducted internationally that asked members of the general public about seeking help for gambling problems. She explained who is most likely to seek help and the types of assistance that is available for problem gamblers.	Simone Rodda, PhD, Assoc. Professor in the Auckland University of Technology, Psychology and Neuroscience in Auckland, New Zealand.
Diabetes, Nutrition	9/3/2022	3:00 AM	9:01	Nearly ten percent of all Americans have some form of diabetes. Dr. Fung talked about the causes behind this epidemic and the wide array of dangerous conditions it spurs. He also explained how dietary changes and weight loss can often eliminate the disease	Jason Fung, MD, weight loss and diabetes expert, author of "The Diabetes Code: Prevent and Reverse Type 2 Diabetes Naturally"
Personal Productivity, Career, Technology	9/10/2022	3:00 AM	9:18	Many people struggle to retain even a fraction of the knowledge we consume throughout our day, and wind up frustrated when we can't recall the information we need when we need it. Mr. Forte explained a simple method using existing smartphone technology to not only consume information, but to manage and streamline it.	Tiago Forte, productivity consultant, author of "Building A Second Brain: A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential"
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Weight Loss, Personal Health	9/17/2022	3:00 AM	8:21 AM	Ms. Lee was the co-author of a small study that examined the effectiveness of a self-guided approach to weight loss that involves easy to use tools that helped users create low calorie and high fiber meals. She said the program participants lost an average of 5% of their body weight. She explained why diet flexibility is key to making weight loss and maintenance sustainable in the long run.	Mindy H. Lee, graduate student at the University of Illinois Urbana-Champaigne.

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<p><b>Education, Government</b></p>	<p><b>9/24/2022</b></p>	<p><b>3:00 AM</b></p>	<p><b>5:13</b></p>	<p>Although most schools are back to in-person learning, the COVID lockdowns created severe learning losses that will take years to address. Ms. Lewis said the losses in math were the most severe, but reading was also badly affected. She said low income and minority students were hardest hit. She also discussed tutoring efforts that are being tried in many states and what parents can do to help their child.</p>	<p><b>Karynn Leis, Director of the Center for School and Student Progress at NWEA, a nonprofit research firm that creates academic assessments for students pre-K to grade 12.</b></p>
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