



Date aired: 3-17-19 Time Aired: 6 AM

Weekly Public Affairs Program

Show # 2019-11

Total running time: 29:30 (with optional exit at 24:00)

1. **Scott McCartney**, Travel Editor and author/creator of the weekly Middle Seat column on airlines and travel for The Wall Street Journal

Airlines' pricing strategies have changed in significant ways in the past several years and ticket prices can literally change by the minute. Mr. McCartney discussed the best days to find the lowest prices, how far ahead to buy and other money-saving travel tips for airline travel.

**Issues covered:**  
Consumer Matters  
Transportation

**Length: 8:26**

2. **Arielle O'Shea**, investing and retirement specialist, Nerdwallet.com

Ms. O'Shea said the average American must live on their retirement savings for 23 years. She explained how consumers can determine how much money they may need in retirement. She outlined four strategies to find extra income and control expenses in retirement. She recommends using a fee-only financial planner.

**Issues covered:**  
Retirement Planning  
Personal Finance

**Length: 8:40**

3. **Penelope Larsen**, researcher and PhD candidate, School of Exercise Science, Sport & Health, Charles Sturt University, Bathurst, New South Wales, Australia

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, which could also debunk the belief that working out first thing in the morning is the optimal time.

**Issues covered:**  
Personal Health

**Length: 5:01**