



Date aired: 3-3-19 Time Aired: 6 Am

Weekly Public Affairs Program

Show # 2019-09

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

1. **Alicia Munnell, PhD**, economist, Director of the Center for Retirement Research at Boston College, Peter F. Drucker Professor of Management Sciences at Boston College's Carroll School of Management

Many Americans will be shocked once they reach retirement, to find that their IRA or 401(k) is not worth nearly as much as they think. Dr. Munnell said many upper income retirees will be hit with 25-32% federal tax bills on the funds they saved for retirement, and possibly even more from state taxes. She noted that those who save in tax-deferred retirement plans still come out ahead, even after paying taxes on the withdrawals.

Issues covered:  
**Retirement Planning**  
**Taxes**

Length: 6:56

2. **Dean Ornish M.D.**, founder and President of the nonprofit Preventive Medicine Research Institute, Clinical Professor of Medicine at the University of California, San Francisco, author of *"Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases"*

Dr. Ornish is a well-known advocate for using diet and lifestyle changes to treat and prevent heart disease. He outlined four changes in lifestyle that he believes can stop the progression and even reverse many chronic diseases. He said it's surprising how rapidly our bodies can begin to heal after making simple lifestyle changes.

Issues covered:  
**Personal Health**  
**Aging**

Length: 10:12

3. **Alan Young**, home security expert, CEO of Armor Concepts, a New Jersey-based security firm

Mr. Young talked about the basic steps that the average homeowner can take to prevent home intrusions or burglaries. He said the most common way that criminals enter a house is by simply breaking through a door, rather than picking locks or breaking windows. He also discussed the misunderstood role that alarm systems play in home security.

Issues covered:  
**Crime Prevention**  
**Consumer Matters**

Length: 5:07