



Date aired: 9-2-18 Time Aired: 6am

Weekly Public Affairs Program

Show # 2018-35

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

1. **Susan B. Roberts, Ph.D.**, Director of the Energy Metabolism Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston

Most people think of fast food when they imagine the unhealthy effects of eating out. Dr. Roberts led a study that found that 92 percent of meals from both large-chain and non-chain local restaurants exceeded recommended calorie requirements for a single meal. She explained how to keep tabs on restaurant portion sizes and calorie information. She proposed local legislation to require restaurants to offer partial portions at partial prices.

**Issues covered:**

**Length: 8:31**

**Nutrition**  
**Personal Health**  
**Consumer Matters**  
**Government Regulations**

2. **Marc Goodman**, law enforcement and counterterrorism expert, author of "*Future Crimes: Inside the Digital Underground and the Battle for Our Connected World*"

Technology has improved our lives immeasurably, but Mr. Goodman said that a new tidal wave of tech advancements—from implantable medical devices to drones to WiFi thermostats—are all susceptible to hacking, with disastrous consequences. He explained some of the greatest concerns for the average consumer and how to attempt to keep devices secure.

**Issues covered:**

**Length: 8:45**

**Crime**  
**Online Security**

3. **Sissy Lappin**, veteran real estate agent, author of "*Simple and Sold: Sell Your House Fast and Keep the Commission*"

Selling a house can be expensive. Ms. Lappin said that sales commissions typically devour 40-60% of a home seller's equity. However, she believes that the Internet has made it far easier for a property owner to take control of their own home-selling process and save money. She outlined the basic steps and common pitfalls.

**Issues covered:**

**Length: 4:57**

**Consumer Matters**  
**Personal Finance**