



Date aired: ____ 8/23 ____ Time Aired:

Weekly Public Affairs Program

Show # 2020-34

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

1. **Melanie Cullen**, management and technology consultant, author of "*Get It Together: Organize Your Records So Your Family Won't Have To*"

Ms. Cullen said disorganization can be a nightmare for those who need to step in to help an elderly person as a caregiver or estate executor. She offered simple ways to organize important records like passwords, financial records, insurance policies, funeral arrangements, and other personal information.

Issues covered:

Senior Citizens

Retirement Planning

Length: 8:36

2. **Peter Mazareas, PhD**, worked with the U.S. Congress on legislation to create 529 savings plans, co-author of "*Plan and Finance Your Family's College Dreams: A Parent's Step-By-Step Guide from Pre-K to Senior Year*"

Planning and paying for a college education is a daunting task for most parents. Dr. Mazareas discussed the merits and complexities of 529 savings plans, which allow parents to save tax-free for higher education expenses. He said that there are numerous free and easy-to-access tools for parents to plan for the costs of college.

Issues covered:

Education

Consumer Matters

Parenting

Length: 8:38

2. **Pamela Rutledge, PhD**, Director of the Media Psychology Research Center, Fielding Graduate University in Santa Barbara, CA, author the "Positively Media" column for PsychologyToday.com, Editor-in-Chief of the academic journal Media Psychology Review

Dr. Rutledge talked about the effect of selfies, Instagram and other social media phenomenon on girls' self-esteem. She believes that parents should not be overly concerned, that selfies are just the latest form of exploration and identity experimentation in teenagers' formative years.

Issues covered:

Girl's Issues

Parenting

Length: 5:01