



Date aired: \_\_\_\_ 3/28 \_\_\_\_ Time Aired:

Weekly Public Affairs Program

Show # 2021-13

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

1. **Ed Slott**, nationally recognized IRA and retirement planning expert, founder of IRAHelp.com, author of "*The New Retirement Savings Time Bomb: How to Take Financial Control, Avoid Unnecessary Taxes, and Combat the Latest Threats to Your Retirement Savings*"

Mr. Slott said that the typical retirement saver should mentally reduce their retirement savings by half, because taxes will take such a large bite from conventional IRAs and 401ks. He recommended utilizing Roth IRAs and 401ks whenever possible. He outlined the most common mistakes made when saving for retirement, and why he recommends having a life insurance policy as part of retirement planning strategies.

**Issues covered:**

**Length: 8:36**

**Retirement Planning  
Taxes**

2. **Achea Redd**, author of "*Authentic You: A Girl's Guide to Growing Up Fearless and True*"

Rates of suicide, bullying, eating disorders and other mental health challenges are rising dramatically among teenagers. Ms. Redd outlined the character traits that are critical to thrive as an adolescent, and what parents can do to help. She shared her personal story of how her physical health impacted her mental health, and how she is taking proactive steps to prevent her own daughter from developing eating disorders.

**Issues covered:**

**Length: 8:36**

**Youth Mental Health  
Bullying  
Eating Disorders  
Parenting**

3. **Elvis Genbo Xu, PhD**, Assistant Professor in the Department of Biology at the University of Southern Denmark

Recent studies estimate that we use an astounding 129 billion face masks globally every month, roughly 3 million each minute. Prof. Xu said little effort has been made so far to address the massive environmental impact of these disposable masks, most of which are not biodegradable. He explained why plastic microfibers contained in the masks are so bad for oceans and the overall environment, and outlined steps necessary to address the problem.

**Issues covered:**

**Length: 5:04**

**Environment  
Recycling**