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Keep Contacts Clean Series Name: A Cup of Health with CDC Running Time: 3:50 Release Date: 11/20/14 Summary: Contact lenses can be a comfortable and convenient alternative to traditional eye glasses, but without proper care, they can cause severe eye problems. In this podcast, CDC epidemiologist Sarah Collier discusses the importance of proper maintenance of contact lenses. Page 2 Page 2 When a disaster strikes, healthcare and public health systems rely on working infrastructure to continue operating and make sure they can provide care to patients in need – and every region in the U.S. is susceptible to different kinds of threats. Join the ASPR as we discuss ways that your hospital or healthcare facility can plan to protect critical infrastructure so you are ready to ensure continuity of care in a disaster. Skip to headerSkip to main contentSkip to footerHow to Get a Car Deal in a Crazy Market with Karl BrauerAs used car values soar, the old rules of how to get the best price still hold. Also, in the stock market, value stocks pull a rotation move on growth...Perils and Profits of Cannabis Investing with Matt Hawkins A rapidly evolving legal landscape is keeping cannabis investors on their toes. We talk to private-equity investor Matt Hawkins, who has long experien...Is Your Home Insured Against Disaster? Better CheckYour insurance policy might leave you high and dry when things get wet (or hot, or shaky). We'll talk about making sure you're fully covered. Also, in... Tap the Money Tied Up in Your Home with Keith GumbingerHousing prices have been on a tear, and that means home equity is up, too. Turning that value into cash in your wallet can be complicated, though. Equ... Annuities: How They Could Work for YouNo doubt, investing in annuities can be a tough call for the active investor. But there comes a time when relinquishing some control in exchange for r...How to Invest Green in a White-Hot Market, with Anne Kates SmithKiplinger's Investing OutlookSustainable stocks are going gangbusters. In an era of triple-digit gains for many market favorites (it's not just Tesla), we look for value options. ...Bitcoin: Should You Invest? With Tyrone RossPretending it's a fad that will go away didn't work for the internet, and it won't work for cryptocurrency, either. But there are still so many questi...This Hot Housing Market with Daniel BortzHome sales and prices have been on a tear and are forecast to continue to rise in 2021. Whether you're hoping to sell, buy or refi, contributing write...How the Gig Economy Is Faring, with Kathy KristofAs with so many things, the pandemic has had a big effect on side hustles and contract work. We talk with an expert in the field on finding a good gig...Max Out Your Stimulus Check with Rocky MengleYou probably know you're getting a stimulus check, but did you know you can have an impact on its amount? Senior tax editor Rocky Mengle talks about t...New Financial Challenges for Women with Marguerita ChengThe COVID-19 pandemic and accompanying recession have been particularly hard on women, who've lost millions of jobs. Financial planner Marguerita Chen...Having the Money Talk with Your Parents, with Cameron HuddlestonFinancial Planning for Alzheimer'sManaging your parents' finances can be a difficult situation. Doing so if you haven't laid down a plan for how to do it is worse. Love and Money with Financial Planner Mari AdamFinancial planner Mari Adam helps couples work together to have a good relationship with each other – and their finances. Also, some twists for 2020 t...Why Pay Money to File Your Taxes?Far more people could be filing their federal returns for free; maybe even their state taxes. Also, the latest from Brandon Copeland and the not-so-se...Unpacking the GameStop Blowup with Kyle WoodleySenior investing editor Kyle Woodley breaks down the latest short squeeze and its broader implications. Also, General Motors says it's going all-elect...Handling Taxes and Insurance When Working from "Home"Working remotely in a new state, maybe even a new country? That can lead to complications, particularly when it comes to taxes. Also, why the IRS is s... Taxes on Retirees — What's New?In this episode of Your Money's Worth, senior tax editor Rocky Mengle talks about the latest update of the Kiplinger Retiree Tax Map. Will states with...Jim Patterson on The Kiplinger Letter's 2021 ForecastsWhat to expect from the U.S. economy, the new Congress and next administration, as well as the outlook for bitcoin, self-driving trucks and more.Is a Fix Coming Soon for Social Security?Social Security has funding problems that the COVID-19 pandemic has made worse. What are the prospects for the next Congress and administration doing ...James K. Glassman's Stock Picks for 2021Kiplinger's Investing OutlookKiplinger columnist James K. Glassman has been picking 10 stocks a year for decades now. We talk about what's on his 2021 list, and how previous picks...Doug Glanville on Race, Sports — and Personal FinanceKiplinger contributor (and former Major League Baseball player) Doug Glanville shares insights from years playing the game — and investing. Also, what...State Taxes on the Middle Class, with Rocky MengleEvery year Kiplinger ranks all 50 states for their tax-friendliness. For 2020, Senior Tax Editor Rocky Mengle has put the focus on the middle class. H...Your Year-End Financial To-Do ListCoronavirus and Your MoneyWe know you've got a lot to tackle, but these are the must-dos you should review before the year runs out on you.Where to Invest in 2021 with Anne Kates SmithKiplinger Executive Editor Anne Kates Smith joins us to talk about her 2021 outlook for stocks, market sectors, and even some specific stocks. Also, ...How Holiday Shopping Happens in a PandemicBlack Friday and Cyber Monday this year will be like never before. DealNews analyst Julie Ramhold joins us to talk about how to navigate sale season. Jeff Harris We're not big fans of talk radio. Not enough variety, and we prefer to listen TiVo-style -- when we feel like it. Enter podcasts: free audio and video you can download from sites like iTunes. Browse until you find one you like, click a button to subscribe, and new episodes will automatically save to your computer as they're released. Cue them up when your schedule permits. We sorted through thousands of podcasts to find these elite seven. Transfer them to your MP3 player -- check out the new models on the next page -- then tune in and listen up.You say "I'm sick of recycling barely read newspapers." Now hear this - NYT: Front Page Every morning a New York Times reporter plays your personal assistant, summarizing the day's headline stories in a 4- to 8-minute audio podcast. If only he'd fetch your latte, too.You say "No hablo Español."Now hear this - Coffee-Break Spanish In less time than it takes to catch up on Penélope Cruz's love life, you could learn to speak her mother tongue. This ongoing series of 15-minute lessons starts with the most basic "Hola!" and builds up to simple conversations.You say "I spend more on Thai takeout than on shoes!" Now see this - Start Cooking Videocast These 3-minute videos make picking up new recipes a cinch. You get step-by-step instructions from a home-ec teacher -- complete with onscreen ingredient lists -- for simple yet satisfying dishes like ham-and-cheese quiche and chicken-and-broccoli stir-fry.You say "Romeo who?" Now hear this - LibriVox Audiobooks Catch up on the classics during your commute. New chapters (ones you may have missed in CliffsNotes), read by a pleasant-voiced volunteer, come out a couple of times a week. Selections include Chaucer's The Canterbury Tales and Selected Poems by Robert Frost.You say "That's a pretty wine label." Now see this - Wine Library TV Never again wander aimlessly through your local depot de vino -- or let those clerks get you over a barrel. These near-daily videos star a wine uber-geek who tells you which \$10 bottles to snap up and which \$100 choices to splurge on. You say "The contents of my iPod are staler than the CW's Thursday-night lineup."Now hear this - Podrunner Nothing gets you moving like a killer running playlist. And unlike your Best of Suzanne Vega album, these weekly mixes will keep you in motion. Podrunner's selections of club-style techno music maintain a steady tempo for an entire hour, so you can pace yourself for an easy 130-beats-per-minute jog or a bumpin' 180-bpm run.You say "I am so over the Goo Goo Dolls." Now hear this - IndieFeed: Alternative/Modern Rock Music To discover the next breakout band (think Arcade Fire circa 2003), you used to endure long-winded, half-baked college-radio hosts. Now just subscribe to IndieFeed and get one free under-the-radar tune delivered to your computer every few days.Great Listeners Mind your multimedia with these new players1. The Simple Hottie Loading up most MP3 players involves burdening your computer with sluggish software. But the sleek 2-gig Samsung YP-U3 makes it easy. Just plug the U3 directly into your PC's USB port and fill it up with tunes -- no software installation required. (\$80, samsung.com)2. 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