



Date aired: _____ Time Aired: _____

Weekly Public Affairs Program

Show # 2024-03

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

1. **Jared Walczak**, Vice President of State Projects, Tax Foundation

More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices.

Issues covered:

**Property Taxes
Inflation
Home Ownership**

Length: 8:54

2. **Satchin Panda, PhD**, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies

When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality.

Issues covered:

**Personal Health
Nutrition**

Length: 8:29