



Date aired: ____6/14____ Time Aired:

Weekly Public Affairs Program

Show # 2020-24

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

1. **Mark Votruba, PhD**, Associate Professor of Economics in the Weatherhead School of Management at Case Western Reserve University

Prof. Votruba was the co-author of a study that examined how layoffs and unemployment may affect crime rates. He found that workers who were let go through no fault of their own experienced a 60% jump in property crimes charges and an overall 20% increase in criminal-charge rates in the year after losing their job. He talked about the possible reasons behind this finding, and how it can be remedied.

Issues covered:

**Unemployment
Crime**

Length: 8:42

2. **Allan J. Hamilton, MD**, Harvard-trained brain surgeon, Regents' Professor of Neurosurgery at the University of Arizona Health Sciences Center, author of "*Younger Next Year*": and "*Younger Next Year for Women*"

Dr. Hamilton discussed a wave of encouraging new research suggesting ways to prevent Alzheimer's disease and cognitive decline. He discussed the importance of exercise in generating the growth of new brain cells, and said that it can even result in significant increases in IQ. He explained how women's brains age differently than men, and why preventative steps are even more important for women.

Issues covered:

**Alzheimer's disease
Physical Fitness
Aging**

Length: 8:16

3. **Shannon M. Robson, PhD, MPH, RD**, Assistant Professor in the Department of Behavioral Health and Nutrition, Principal Investigator of the Energy Balance and Nutrition Laboratory at the University of Delaware

89% of Americans believe it's important for families to have as many family meals as possible each week. Dr. Robson led a study that showed that more frequent family meals were associated with better dietary outcomes and improved family relationships. She offered suggestions for families to overcome obstacles to gathering for dinner.

Issues covered:

**Nutrition
Parenting**

Length: 5:03

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