

2018-Q4 (October-December) Viewpoints Quarterly Report
Compliance Issues covered this quarter:

Aging	Media
America and American issues	Mental health
Animals	Music
Art	Nature
Body images	Obesity
Bullying	Parenting
Business	Personal issues
Calculus	Podcasts
Communications	Poetry
Cooking	Policy-making
Creativity	Politics
Crime	Poverty
Criminal justice	Prisons
Criticism	Public safety
Culture	Psychology
Democracy	Retirement
Domestic issues	Science
Economics	Self-help
Education	Social media
Elder issues	Social issues
Ethics	Sociology
Family issues	Speech
Film	Sports
Food	Technology
Health	Television
History	Terrorism
Holidays	Traditions
Individual issues	Travel
Literature	War
Mathematics	

Program Log for Viewpoints

Program	18-40	Producers	Reed Pence, Evan Rook
Air Week	10/7 -10/13/2018	Production Director	Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Joy of Retirement: How people can look forward to retiring and make it the best time of their lives	8:52
Synopsis: Retirement can be bittersweet. On one hand, it's something you build toward your whole life, but it can also be intimidating to lose your purpose in the workplace. We talk to Helen Wilkes about how she found a new passion in her retirement, and how she's helping others make their retirements more fulfilling.		

Host: Gary Price. Guests: Helen Wilkes, author, *The Aging of Aquarius: Igniting passion and purpose as an elder*

Links for more info: <https://www.newsociety.com/Books/A/The-Aging-of-Aquarius>

Compliance Issues Covered: elder issues; retirement; aging; self-help

12:42	SEGMENT 2: When a Young Person Gets Sent to Adult Prison	10:18
Synopsis: There are millions incarcerated in American prisons, even many juveniles who were sentenced to long terms alongside adults. We talk to guests about how and why this happens, whether it should continue, and what life is like for young people behind bars.		

Host: Marty Peterson. Guests: Peter K. Enns, Associate Professor, Dept. of Government at Cornell University and author, *Incarceration Nation: How the United State became the most punitive democracy in the world*; Jean Trounstein, Professor at Middlesex Community College and author, *Boy With a Knife: A story of murder, remorse, and a prisoner's fight for justice*

Links for more info: <http://www.jeantrounstine.com/>
<http://www.peterenns.org/>

Compliance Issues Covered: ethics; prisons; criminal justice; American issues; crime

24:00	Culture Crash: <i>An Absolutely Remarkable Thing</i> and the difficulty of classifying art	2:27
Synopsis: Sometimes, art doesn't fit neatly in one box. Such is the case with Hank Green's novel, <i>An Absolutely Remarkable Thing</i> . We explore its story and categorization.		

Host: Evan Rook

Compliance Issues Covered: art; culture; literature; criticism



Program Log for Viewpoints

Program 18-41 Producers Reed Pence, Evan Rook
Air Week 10/14 -10/20/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:57	SEGMENT 1: Stutters, Stammers, and Vocal Fillers	9:16

Synopsis: If you've had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean.

Host: Gary Price. Guests: Michael Erard, author of *Um: Slips, Stumbles and Verbal Blunders and What They Mean*

Links for more information: https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: education; history; science; public issues; speech

13:15	SEGMENT 2: Growing Up Poor in Rural America	10:00
-------	---------------------------------------------	-------

Synopsis: Sarah Smarsh is a journalist and author who grew up poor on a farm in Kansas. She discusses life in rural America, how our culture treats people living in poverty, and the causes she attributes to America's wage gap.

Host: Marty Peterson. Guests: Sarah Smarsh, journalist and author, *Heartland: A memoir of working hard and being broke in the richest country on earth*

Links for more info: <https://www.sarahsmarsh.com/>
<http://www.simonandschuster.com/books/Heartland/Sarah-Smarsh/9781501133091>

Compliance Issues Covered: poverty; America; domestic issues; family; history; policy-making

24:15	Culture Crash: <i>Better Call Saul</i> 's unique pacing and why it works so well	2:09
-------	----------------------------------------------------------------------------------	------

Synopsis: Television shows often rely on a fast pace to keep audiences engaged. AMC's *Better Call Saul* takes the opposite approach to rousing success.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism



Program Log for Viewpoints

Program 18-42 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 10/21 -10/27/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Art of Video Games	8:44

Synopsis: Video games are often considered child's play, or at least something below "real" art. Author Andrew Ervin argues that's not true, and that video games are now big-business for TV networks and advertisers, as well as a source of true artfulness.

Host: Gary Price. Guests: Andrew Ervin, author, *Bit by Bit: How video games transformed our world*

Links for more information: <http://andrewervin.com/>
<http://hcsoftware.sourceforge.net/passage/>

Compliance Issues Covered: business; culture; technology; media; art

12:33	SEGMENT 2: What We Can Learn from Lists	10:03
-------	-----------------------------------------	-------

Synopsis: Lists are a part of our everyday. Often, they are a forgotten part of our everyday. But Shaun Usher read through countless lists to compile a stunning collection of lists throughout time that shed light on the times, our collective history, and the list makers themselves.

Host: Marty Peterson. Guests: Shaun Usher, author of *Lists of Note: An eclectic collection deserving of a wider audience*

Links for more info: <http://www.shaunusher.com/>
<http://www.listsofnote.com/>

Compliance Issues Covered: sociology; history; communications

23:36	Culture Crash: <i>The Old Man & The Gun</i> Allows Robert Redford to Age Gracefully	2:50
-------	-----------------------------------------------------------------------------------------	------

Synopsis: *The Old Man & The Gun* is a movie about bank robberies, so it may come as a surprise that it's a touching drama and may be the perfect way for Robert Redford to bid farewell to film fans.

Host: Evan Rook

Compliance Issues Covered: media; culture; film; criticism

Program Log for Viewpoints

Program	18-43	Producers	Reed Pence, Evan Rook
Air Week	10/28 -11/3/2018	Production Director	Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Spiders & Bats: The truth behind the Halloween icons of fear	10:05

Synopsis: Spiders and bats are two of the most indelible symbols of Halloween fear across the country. We talk to experts to get the truth behind these traditionally scary creatures, and hear why neither of them are nearly as scary as we've been made to believe.

Host: Gary Price. Guests: Nancy Troyano, entomologist and director of technical education and training for Rentokil North America; Merlin Tuttle, ecologist, wildlife photographer, conservationist and author of the book, *The Secret Lives of Bats: My adventures with the world's most misunderstood mammals*

Links for more information: <http://www.rentokil.com/>
<http://www.merlintuttle.com/>

Compliance Issues Covered: history; science; holiday; animals; nature

13:54	SEGMENT 2: Halloween Frights & Traditions	9:49
-------	-------------------------------------------	------

Synopsis: It's the time of year when we dress up in costumes, head to haunted houses, and shell out candy to trick-or-treaters. But why do we do those things? We take a look at the traditions of Halloween and what makes being scared so fun.

Host: Marty Peterson. Guests: Ben Armstrong, co-owner of Netherworld Haunted House and president of America Haunts; Dr. Janina Scarlet, clinical psychologist and author

Links for more info: <http://www.superhero-therapy.com/>
<http://www.americahaunts.com/ah/>
<http://www.hauntworld.com/>

Compliance Issues Covered: psychology; traditions; holidays; history

24:43	Culture Crash: Netflix's Bing-worthy Horror Drama, <i>The Haunting of Hill House</i>	1:42
-------	--------------------------------------------------------------------------------------	------

Synopsis: With Halloween this week, many of us are looking for something spooky to watch. Well look no further than Netflix's *The Haunting of Hill House*, a show that's like *This Is Us* meets *The Shining*.

Host: Evan Rook

Compliance Issues Covered: media; culture; television; criticism

Program Log for Viewpoints

Program	18-44	Producers	Reed Pence, Evan Rook
Air Week	11/4 – 11/10/2018	Production Director	Jason Dickey

Time	Segment	Dur.
------	---------	------

1:47	SEGMENT 1: Looking Into Our Minds: How our brains perceive the world	8:44
------	----------------------------------------------------------------------	------

Synopsis: There are all sorts of myths about how we can avoid dementia or how to best brainstorm a new idea. We talk to a psychologist and author to get the inside scoop on how our minds really work, and why we just can't resist the urge to watch cute animal videos online.

Host: Gary Price. Guests: Bob Duke, professor at the University of Texas-Austin, expert on music and human learning, co-host, "Two Guys on Your Head," co-author, *Brain Briefs: Answers to the most (and least) pressing questions about your mind*

Links for more information: <http://twoguysonyourhead.org/>
<http://www.kut.org/>

Compliance Issues Covered: science; psychology, health

12:40	SEGMENT 2: Body Image and Weight Problem	10:03
-------	------------------------------------------	-------

Synopsis: Body image, food addiction, societal pressure and obesity can be tricky problems to talk about. Author Kristan Higgins tries to do just that in her novel *Good Luck With That*. She talks about her experiences, her research, and how we can approach discussing these pressing, but difficult, issues.

Host: Marty Peterson. Guests: Kristan Higgins, author, *Good Luck With That*

Links for more info: <http://www.kristanhiggins.com/good-luck-with-that>

Compliance Issues Covered: body image; obesity; health; social issues

23:59	Culture Crash: <i>Serial</i> , the podcast that captivated America, returns for its most important season yet	1:41
-------	---------------------------------------------------------------------------------------------------------------	------

Synopsis: The podcast that captured the minds of countless Americans back in 2014 is back with an in-depth look at the criminal justice system in Cleveland, offering a detailed look at such a vital American system.

Host: Evan Rook

Compliance Issues Covered: media; culture; podcasts; crime; criminal justice

Program Log for Viewpoints

Program	18-45	Producers	Reed Pence, Evan Rook
Air Week	11/11 – 11/17/2018	Production Director	Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Terrorism in America, 1920	9:25
Synopsis: Over 95 years ago, New York City was the target of a terrorist attack that has yet to be solved. No suspects have ever been named in the attack that killed or injured over 400 Wall Street bystanders. In contrast to the attacks of September 11th, which occurred just around the corner from the 1920 bombing, this deadly event has been all but erased from the collective American consciousness.		

Host: Gary Price. Guests: Jed Rubenfeld, author, *The Death Instinct*

Links for more information: https://www.amazon.com/dp/B003YL4AOO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1
<http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago>

Compliance Issues Covered: terrorism; history; public safety

13:14	SEGMENT 2: One Woman's Life in Beatlemania, From Youthful Innocence to Personal Tragedy and Beyond	9:59
Synopsis: Ann Hood was a Beatles fan all her life. Then, tragedy struck and she found herself unable to listen to the band at all. She tells the true story of how she re-gained her love for the iconic group, and how she channeled her story into a work of fiction pleasing multiple generations of readers.		

Host: Marty Peterson. Guests: Ann Hood, author, *She Loves You (Yeah, Yeah, Yeah)*

Links for more info: <https://www.annhood.us/home>
<https://www.annhood.us/copy-of-morningstar>

Compliance Issues Covered: culture; history; music; family issues; parenting

24:13	Culture Crash: Dave Eggers and his boundary-pushing writing	2:13
Synopsis: Author Dave Eggers has been a cult hero since his 2000 memoir took readers on a wild ride. Now, almost two decades later, he's still finding new ways to tell his stories.		

Host: Evan Rook

Compliance Issues Covered: media; culture; literature

Program Log for Viewpoints

Program	18-46	Producers	Reed Pence, Evan
Air Week	11/18 – 11/24/2018	Production Director	Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: How Craft Beer Became King	10:40

Synopsis: For decades, choosing what beer to drink was really just a decision between a few big players. Now, there are thousands of breweries across the country. We talk to two experts about how and why craft beer came to the forefront and how they recommend novices jump into the world of beer.

Host: Gary Price. Guests: Josh Noel, beer writer for the Chicago Tribune and author, *Barrel-Aged Stout and Selling Out: Goose Island, Anheuser-Busch, and How Craft Beer Became Big Business*; Fal Allen, brewmaster for Anderson Valley Brewing Company and author, *Gose: Brewing a classic German beer for the modern era*

Links for more information: <https://www.chicagotribune.com/lifestyles/chinews-josh-noel-20130507-staff.html> <https://twitter.com/hopnotes>
<https://www.joshnoel.net/barrel-aged-stout-and-selling-out/> <https://avbc.com/about-us/our-brewing-team/fal-allen/>
<https://www.brewerspublications.com/products/gose-brewing-a-classic-german-beer-for-the-modern-era>

Compliance Issues Covered: history; culture; business

14:29	SEGMENT 2: How Pre-Kindergarten Can Prepare Our Children	8:45
-------	----------------------------------------------------------	------

Synopsis: From the moment a child is born, parents are working to get them off on the best possible foot in everything from sports to academics. We look into how families can best evaluate good pre-kindergarten programs for children, and how those programs can set kids up for success.

Host: Marty Peterson. Guests: Dr. Suzanne Bouffard, author of *The Most Important Year: Pre-Kindergarten and the Future of Our Children*

Links for more info: https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: education; parenting; family issues

24:14	Culture Crash: Filling the Thanksgiving movie void with <i>Stuck in Love</i>	2:13
-------	------------------------------------------------------------------------------	------

Synopsis: Halloween and Christmas both have a plethora of holiday classics to create a mood, but Thanksgiving doesn't have those. We offer a modest proposal to give *Stuck In Love* a try.

Host: Evan Rook

Compliance Issues Covered: media; culture; film; holiday



Program Log for Viewpoints

Program 18-47 Producers Reed Pence, Evan Rook
Air Week 11/25 – 12/1/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Shame and Bullying	9:53

Synopsis: Bullying is nothing new, but that doesn't make it any easier to deal with. Plus, in the social media era, the techniques are getting more public and crueler. We look at bullying, the shame it can cause, and how it can stick with us for life.

Host: Gary Price. Guests: Dr. Frank Farley, Professor of Educational Psychology at Temple University; Liz Pryor, author, *Look at You Now: My journey from shame to strength*

Links for more information: <https://education.temple.edu/about/faculty-staff/frank-h-farley-ffarley>
<https://www.penguinrandomhouse.com/books/248842/look-at-you-now-by-liz-pryor/9780812987546/>

Compliance Issues Covered: family issues; school issues; bullying; individual issues; social media

13:41	SEGMENT 2: Intrinsic Hope	9:09
-------	---------------------------	------

Synopsis: It can easy to get the blues, especially with all of the division and turmoil in the world. But author Kate Davies has a different way of look at the world: one that can make us more hopeful, positive, and willing to pitch in and help. She calls it intrinsic hope, and it may be just what we all need this holiday season.

Host: Marty Peterson. Guests: Kate Davies, author, *Intrinsic Hope: Living courageously in troubled times*

Links for more info: <http://www.katedavies.org/>
<https://www.newsociety.com/Books/1/Intrinsic-Hope>

Compliance Issues Covered: world issues; self-help; philosophy

23:58	Culture Crash: Amazon Prime's <i>Homecoming</i>	3:01
-------	-------------------------------------------------	------

Synopsis: Director Sam Esmail has taken Gimlet's hit podcast *Homecoming* and infused it with a whole lot of cinematic flair in his new Amazon Prime series that serves as a throwback to classic thrillers and a trailblazer for the brave new world of 30 minute dramas.

Host: Evan Rook Compliance Issues Covered: media; culture; television; podcasts

Program Log for Viewpoints

Program	18-48	Producers	Reed Pence, Evan Rook
Air Week	12/2 – 12/8/2018	Production Director	Sean Waldron, Jason Dickey

Time	Segment	Dur.
1:48	SEGMENT 1: Learning Math Simpler	9:34

Synopsis: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics.

Host: Gary Price. Guests: Bob Sun, inventor of *The 24 Game* and *First in Math*; Jason Wilkes, author, *Burn Math Class: and reinvent mathematics for yourself*

Links for more information: <http://www.24game.com/>
<http://www.firstinmath.com/>
<http://www.basicbooks.com/>

Compliance Issues Covered: education; mathematics; calculus

13:17	SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance your health	9:08
-------	--------------------------------------------------------------------------------	------

Synopsis: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term.

Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, *Why We Sleep: Unlocking the power of sleep and dreams*

Links for more info: https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap_bc?ie=UTF8

Compliance Issues Covered: sleep; mental health; health; science

23:25	Culture Crash: Watching Sports with a Second Screen	3:01
-------	-----------------------------------------------------	------

Synopsis: It used to be that you'd watch sports with whoever was in the room. Now, our phones and tablets allow us to watch sports with the entire internet, and look up statistics and names in an instant.

Host: Evan Rook

Compliance Issues Covered: culture; sports; technology

Program Log for Viewpoints

Program	18-49	Producers	Reed Pence, Evan Rook, Polly Hansen
Air Week	12/9 – 12/15/2018	Production Director	Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Need for Investigative Journalism	8:44
Synopsis: Investigative journalism is a necessity in a democracy. Independent journalists putting in long hours to serve as watch-dogs for our government can have long-lasting ramifications, just look at the impact Woodward and Bernstein made with their Watergate investigations. We talk to one expert about the current state of investigative journalism in America and what can be done to ensure the watchdogs stay in business.		

Host: Gary Price. Guests: James Hamilton, Hearst professor of communications at Stanford University and author, *Democracy's Detectives: The economics of investigative journalism*

Links for more information: <https://profiles.stanford.edu/james-hamilton>
<http://www.hup.harvard.edu/catalog.php?isbn=9780674545502>

Compliance Issues Covered: history; journalism; democracy; government; business; economics

12:33	SEGMENT 2: Winter Reads for 2018	9:54
Synopsis: It's getting cold outside, which means it's time to cuddle up with some good books to pass the time. Or maybe you're just on the prowl for some holiday gifts for the reader in your life. Either way, we have some options for what to read this winter.		

Host: Marty Peterson. Guests: Ellen Keith, author, *The Dutch Wife*; Andrew Shaffer, author, *Hope Never Dies: An Obama/Biden Mystery*

Links for more info: <https://www.ellenkeith.ca/about-3/>
<http://www.andrewshaffer.com/hope-never-dies-a-mystery>

Compliance Issues Covered: literature; history; gift ideas

23:20	Culture Crash: The disappointing <i>Fantastic Beasts: The Crimes of Grindelwald</i>	3:03
Synopsis: <i>Fantastic Beasts: The Crimes of Grindelwald</i> has been mystifying and disappointing fans around the globe. We take a look at why the movie simply does not work.		

Host: Evan Rook

Compliance Issues Covered: media; culture; literature; criticism



Program Log for Viewpoints

Program 18-50 Producers Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week 12/16 – 12/22/2018 Production Director Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: The Many Planets Outside Our Galaxy and the Search for Extraterrestrial Life	8:44

Synopsis: We know about the planets within the Milky way galaxy, but what about planets outside of our neighborhood? We talk to Dr. Donald Goldsmith about “exoplanets” and where science stands on the issue of life thriving somewhere else in the universe.

Host: Gary Price. Guests: Dr. Donald Goldsmith, author of *Exoplanets: Hidden worlds and the quest for extraterrestrial life*

Links for more information: <http://www.hup.harvard.edu/catalog.php?isbn=9780674976900>

Compliance Issues Covered: science; technology; space exploration; education

14:29	SEGMENT 2: Tips and Tricks for Holiday Cooking Success	9:54
-------	--------------------------------------------------------	------

Synopsis: Cooking for holiday parties can be a major source of stress. We have big groups at our house for hours at a time, and you want to impress them with your culinary skills. But some of us don’t really have many culinary skills. We talk to Julia Turshen for some insight into how to impress with our holiday cooking this season.

Host: Marty Peterson. Guests: Julia Turshen, author of *Small Victories: Recipes, advice + hundreds of ideas for home cooking triumphs*

Links for more info: <http://www.juliaturshen.com/>
<http://www.juliaturshen.com/smallvictories>

Compliance Issues Covered: holidays; cooking; food

23:31	Culture Crash: A look ahead at the movies set to dominate awards season	2:55
-------	-------------------------------------------------------------------------	------

Synopsis: The Golden Globe nominations are already out, and the next few months will be chalk full of top 10 lists and award nominees. We look at what movies you should keep an eye out for.

Host: Evan Rook

Compliance Issues Covered: media; culture; film

Viewpoints is a registered trademark of MediaTracks, Inc. Contents copyright 2017 by MediaTracks, Inc.
2250 East Devon Avenue, Suite 150 Des Plaines, Illinois 60018 47-299-9500 Affiliate downloads are available at
<ftp://mediatracksdownloads.com> and www.mediatracks.com
Guest information and segment podcasts are available at www.viewpointsonline.net

Program Log for Viewpoints

Program	18-51	Producers	Reed Pence, Evan Rook
Air Week	12/23 – 12/29/2018	Production Director	Jason Dickey

<u>Time</u>	<u>Segment</u>	<u>Dur.</u>
1:47	SEGMENT 1: Letters to Max: Two friends confront their mortality through letters Synopsis: Sarah Ruhl is a MacArthur Fellowship recipient and a famed playwright. As a professor, she met Max Ritvo, who went on to become a published poet. She recounts the story of their friendship and how they used letters to make a connection and comfort one another while Ritvo faced the end of his life.	11:51

Host: Gary Price. Guests: Sarah Ruhl, co-author, *Letters to Max: A book of friendship*

Links for more information: <http://www.sarahruhlplaywright.com/>
<http://maxritvo.com/>
<https://milkweed.org/book/letters-from-max>

Compliance Issues Covered: friendship; mortality; illness; literature; academics

15:40	SEGMENT 2: The Pearl Harbor Christmas	7:21
Synopsis: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season.		

Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of *Pearl Harbor Christmas: A World at War, December 1941*

Links for more info: https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: war; history; America; holiday

24:01	Culture Crash: <i>Roma</i>	2:24
Synopsis: You may have noticed a new movie on your Netflix homepage called <i>Roma</i> . It's Oscar-winning director Alfonso Cuarón's most personal film yet and an absolute masterpiece.		

Host: Evan Rook

Compliance Issues Covered: media; culture; film

Program Log for Viewpoints

Program	18-52	Producers	Reed Pence, Evan Rook, Pat Reuter
Air Week	12/30 – 1/5/2019	Production Director	Jason Dickey

Time	Segment	Dur.
1:47	SEGMENT 1: Unlocking Creativity: Tips for sticking to your artistic New Year's resolutions in 2019	11:32

Synopsis: We're about to enter the season of New Year's resolutions. Maybe you want to write a book, make a short film, or paint your masterpiece. We talk to two published authors about silencing your inner critic, breaking through any artistic funks, and finally putting pen to paper in 2019.

Host: Gary Price. Guests: Krysa, author, *Your Inner Critic is a Big Jerk: and other truths about being creative*; David W. Berner, professor and author

Links for more information: <https://www.chroniclebooks.com/titles/your-inner-critic-is-a-big-jerk.html> <http://www.krysa.com/danielle/>
<https://www.davidwberner.com/>

Compliance Issues Covered: resolutions; self-help; creativity; art; literature

15:21	SEGMENT 2: Celebrating New Year's as a Night In	6:30
-------	-------------------------------------------------	------

Synopsis: New Year's Eve is a huge night for bars, but what if you'd rather not brave the elements and pay big cover charges? We discuss ways to ring in the new year on your couch with festive drinks, snacks, and maybe a movie.

Host: Marty Peterson. Guests: Tim Federle, author, *Gone with the Gin: Cocktails with a Hollywood Twist*; Christian DeBenedetti, co-author, *Beer Bites: Tasty recipes and perfect pairings for brew lovers*

Links for more info: <https://www.runningpress.com/titles/tim-federle/gone-with-the-gin/9780762458646/>
<https://www.chroniclebooks.com/titles/beer-bites.html>

Compliance Issues Covered: holiday; cooking; drinks

22:51	Culture Crash: Anthony Bourdain	3:33
-------	---------------------------------	------

Synopsis: This year saw the passing of Anthony Bourdain, a chef, writer, and travel documentarian. We take a look at the impact and legacy of this cultural giant.

Host: Evan Rook

Compliance Issues Covered: media; culture; travel; food