



Program Log for Viewpoints Radio

Program	20-26	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	06/28/2020	Studio Producer	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Progressive Insurance/Weather Cmc1. Chicken Donate Cars/Much Luck	:30 :30
1:45	:02 PAUSE FOR LOCAL AVAIL	:02
1:47	SEGMENT 1: THE CALMING NATURE OF TENDING TO A GARDEN	10:09
	Synopsis: Getting started gardening can seem like an overwhelming task, especially if you have trouble keeping a houseplant alive. But with some research and a small investment for tools, seeds and soil, the rewards of tending to a garden are huge. Fresh produce, flowers and herbs, as well as a renewed connection to nature are just some of the benefits of this increasingly popular outdoor hobby. Host: Gary Price. Guests: Brooke Morgan, urban gardener; Amy Enfield, horticulturist, Bonnie Plants. Links for more info: https://www.instagram.com/brookesays/ https://greatist.com/connect/beginners-guide-to-gardening#7 https://www.miraclegro.com/en-us/library/gardening-basics/how-make-vegetable-garden https://bonnieplants.com/ Compliance Issues Covered: Gardening, Food Production, Health, Food Supply, Personal Finance	
11:56	SPOTBREAK 2&3: US Tax Shield/Fresh Start Progressive Insurance/Vermicelli Cmc1 Chicken Donate Cars/Much Luck	:60 :31 :30
13:57	:02 PAUSE FOR LOCAL AVAIL	:02
13:59	SEGMENT 2: IS YOUR CHILD FEELING ANXIOUS RIGHT NOW? GIVING SUPPORT WITHOUT SHIELDING THEM FROM THE WORLD	9:20
	Synopsis: The days when election and campaign news dominated the news cycle seem so distant. It's safe to say that no one could've imagined this year would be such a curveball. Learning's been disrupted, many parents are continuing to work from home and fears over COVID-19 are still very much present. We speak with a family trauma expert, Dr. Abigail Gewirtz, about dealing with these anxieties as an adult and how to have important conversations with your child or teen if you're sensing that they're more irritable, worried or anxious lately. Host: Marty Peterson. Guest: Dr. Abigail Gewirtz, professor, Department of Family Social Science, director, Institute for Translational Research in Children's Mental Health at the University of Minnesota. Links for more info: https://www.cehd.umn.edu/people/agewirtz/ https://www.bostonmagazine.com/health/2020/06/16/children-anxiety-depression-parenting-tips/ https://www.nytimes.com/2020/04/01/parenting/coronavirus-help-anxious-kid.html https://abigailgewirtz.com/blog/talking-to-your-children-about-covid19 https://abigailgewirtz.com/blog/will-i-get-shot https://abigailgewirtz.com/ https://www.amazon.com/dp/1523508310?tag=workmanweb-20 Compliance Issues Covered: Mental Health, Parenting, Psychology, Child Development, Virus, Education	
23:19	SPOTBREAK 4: Donate Cars/Going to Do	:60
24:19	CULTURE CRASH: THE DIFFICULTY OF PLACING MEDIA & LITERATURE INTO DISTINCT GENRES	2:07
	Synopsis: Sometimes a new release fits into multiple genres but has to be classified into one specific genre. Star Wars is labeled as a space opera – but what exactly does that mean? Viewpoints discusses these conundrums. Host: Evan Rook Compliance Issues Covered: Art, Film, Literature, Culture	
26:26	SPOTBREAK 5: Progressive Insurance/Fore Fake Testimonials Donate Cars/Much Luck	:31 :30
27:27	Program Conclusion	:32
27:59	TOTAL TIME	

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