



Program Log for Viewpoints Radio

<b>Program</b>	22-04	<b>Written &amp; Produced</b>	Amirah Zaveri & Evan Rook
<b>Air Week</b>	1/23/2022	<b>Studio Producer</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Pantene/Demetria Lucas Mr. Clean/Magic Eraser	:30 :31
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	<b>SEGMENT 1: ADVANCEMENTS IN ANTI-AGING</b>	10:24
	Synopsis: By 2030, 74 million Baby Boomers in the U.S. will be 65 or older. As people age, this means bigger burdens on the healthcare system, senior housing and care. But, what if one day, we could slow down this process of biological aging? Two researchers from Northwestern University join us this week to share some of the latest innovations in the anti-aging field. Host: Gary Price. Guests: Dr. Douglas Vaughan, chair, Department of Medicine, Northwestern University Feinberg School of Medicine, inaugural director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine; Dr. Frank Palella, associate director, Potocsnak Longevity Institute, Northwestern University Feinberg School of Medicine, director, HIV & Aging Center, Potocsnak Longevity Institute. Links for more info: <a href="https://www.feinberg.northwestern.edu/sites/longevity/">https://www.feinberg.northwestern.edu/sites/longevity/</a> <a href="https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=17998">https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=17998</a> <a href="https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=15420">https://www.feinberg.northwestern.edu/faculty-profiles/az/profile.html?xid=15420</a> <a href="https://www.hhs.gov/aging/state-resources/index.html">https://www.hhs.gov/aging/state-resources/index.html</a> <a href="https://news.northwestern.edu/stories/2017/november/amish-live-longer-healthier-internal-fountain-of-youth/">https://news.northwestern.edu/stories/2017/november/amish-live-longer-healthier-internal-fountain-of-youth/</a> <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7990352/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7990352/</a> Compliance Issues Covered: Health, Aging, Retirement, Disease, Technology, Science, Medicine	
12:12	SPOTBREAK 2&3: Microban/24 Hours McCormicks/Essentials Indeed/Wine Cellar Geico/Year Book	:30 :30 :30 :30
14:12	:02 PAUSE FOR LOCAL AVAIL	:02
14:14	<b>SEGMENT 2: A NEW PERSPECTIVE ON COOKING AT HOME</b>	8:24
	Synopsis: Ever find yourself staring at a recipe and feeling completely lost or overwhelmed? Us too. Cooking doesn't have to be this big production, but can instead be a time to unwind, experiment and not always aim for perfection. Cookbook author Leanne Brown joins us this week to unpack how to become a calmer cook this year by planning ahead and setting new expectations. Host: Marty Peterson. Guest: Leanne Brown, expert, food studies, cookbook author, <i>Good Enough: Embracing the Joys of Imperfection and Practicing Self-Care in the Kitchen</i> . Links for more info: <a href="https://www.amazon.com/Good-Enough-Cookbook-Embracing-Imperfection/dp/1523509678">https://www.amazon.com/Good-Enough-Cookbook-Embracing-Imperfection/dp/1523509678</a> <a href="https://www.budgetbytes.com/">https://www.budgetbytes.com/</a> <a href="https://books.leannebrown.com/good-and-cheap.pdf">https://books.leannebrown.com/good-and-cheap.pdf</a> Compliance Issues Covered: Cooking, Diet, Health, Mental Health, Organization, Literature	
22:38	SPOTBREAK 4: Mr. Clean/Magic Eraser Home Depot/LG Washtower	:30 :30
23:38	<b>CULTURE CRASH: BINGING THE ROM-COM SERIES "LOVE LIFE"</b>	2:48
	Synopsis: The series, "Love Life" is a whimsical ride through the ups and downs of modern dating, relationships and finding love. Seasons 1 and 2 are now out on HBO Max. Host: Evan Rook Compliance Issues Covered: Culture, TV	
26:26	SPOTBREAK 5: Pantene/Demetria Lucas Ebay/Gourmet Meal	:30 :30
27:26	Program Conclusion	:32
27:58	TOTAL TIME	

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