



Program Log for Viewpoints Radio

Program	20-31	Written & Produced	Amirah Zaveri, Cate Novak, Annie Krall & Evan Rook
Air Week	08/02/2020	Studio Producer	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Blue Star/Reviews Version B	:30
	Progressive/Ball Game – Sounds of Old World OUTCUE: ...company and affiliates.	:30
1:45	:02 PAUSE FOR LOCAL AVAIL	:02
1:47	SEGMENT 1: BETTER UNDERSTANDING TRAUMA	10:23
	<p>Synopsis: Trauma comes in many shapes and forms throughout life. Viewpoints speaks with psychiatrist, Dr. James S. Gordon in order to better understand a person’s reaction to trauma and the body’s resilience in dealing with these stressful events and situations.</p> <p>Host: Gary Price. Guest: Dr. James S. Gordon, psychiatrist, clinical professor, Georgetown Medical School, founder, executive director, Center for Mind-Body Medicine, author, <i>The Transformation: Discovering Wholeness and Healing After Trauma</i>.</p> <p>Links for more info: https://cmbm.org/ https://jamesgordonmd.com/about/ https://www.amazon.com/Transformation-Discovering-Wholeness-Healing-Trauma/dp/0062870718</p> <p>Compliancy Issues Covered: Trauma, Stress, Psychology, Medicine, Psychiatry, Mental Health</p>	
12:10	SPOTBREAK 2&3: Alzheimer’s Association/Blood Test Studies	:60
	Progressive – Restaurant – Sounds of Old World OUTCUE: ...your money back.	:30
	Blue Star/Reviews Version B	:30
14:10	:02 PAUSE FOR LOCAL AVAIL	:02
14:12	SEGMENT 2: A DIFFERENT CAREER: THE LIFE OF A PROFESSIONAL CUDDLER	8:56
	<p>Synopsis: Thousands of Americans are certified cuddlers. You might be asking - what does it mean to be a ‘certified cuddler’? Christina Hepburn joins Viewpoints this week to talk about this relatively new niche and how she’s working to dissolve the stigmas associated with the industry.</p> <p>Host: Marty Peterson. Guest: Christina Hepburn, professional cuddler.</p> <p>Links for more info: https://twitter.com/chrihepburn?lang=en https://www.washingtonpost.com/news/inspired-life/wp/2018/04/24/i-went-to-get-hugged-by-a-professional-cuddler-heres-how-it-felt/ https://cuddlist.com/faq/</p> <p>Compliancy Issues Covered: Career, Wellness, Companionship, Mental Health, Psychology</p>	
23:08	SPOTBREAK 4: Sabre/Personal Safety OUTCUE: ...red dot com.	:60
24:08	CULTURE CRASH: EXPLORING THE INDIE BAND & ALBUM “RED HEARSE”	2:19
	<p>Synopsis: The band “Red Hearse” is made up of acclaimed artists Jack Antonoff, Sam Dew and producer Sounwave. We explore the group’s indie releases and what the musical trio brings to the table.</p> <p>Host: Evan Rook Compliancy Issues Covered: Culture, Music, Production</p>	
26:27	SPOTBREAK 5: GEICO/Baby Blue-Home1	:30
	Blue Star/Reviews Version B OUTCUE: ...your money back.	:30
27:27	Program Conclusion	:33
28:00	TOTAL TIME	

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