



Program Log for *Viewpoints Radio*

<b>Program</b>	21-33	<b>Written &amp; Produced</b>	Amirah Zaveri, Bridget Killian & Evan Rook
<b>Air Week</b>	08/15/2021	<b>Studio Producer</b>	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: Grainger/Above and Beyond Progressive Insurance/Big	:30 :30
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	<b>SEGMENT 1: LESSONS LEARNED ABOUT EDUCATION DURING THE PANDEMIC</b>	10:16
	<p>Synopsis: It's that time of year already: back to school. After eighteen months of kids and teens learning remotely or on a hybrid schedule between in-person and remote, millions are returning back to classrooms full-time. While this may change as COVID-19 cases rise due to the Delta variant, for now, many schools are moving forward with plans to welcome students back with the caveat of requiring face masks while indoors. We discuss the highly anticipated return back to class and how some educators have changed their perspectives on learning over the past year.</p> <p>Host: Gary Price. Guests: Colleen Peluso, high school teacher, Valparaiso High School; Ron Chaluisan, former teacher, executive director, Newark Trust for Education. Links for more info: <a href="https://time.com/6087815/covid-delta-schools-reopening/">https://time.com/6087815/covid-delta-schools-reopening/</a> <a href="https://www.newarktrust.org/">https://www.newarktrust.org/</a> <a href="https://www.newarktrust.org/ronald_chaluisan">https://www.newarktrust.org/ronald_chaluisan</a> <a href="https://valparaisohigh.valpo.k12.in.us/">https://valparaisohigh.valpo.k12.in.us/</a></p> <p>Compliance Issues Covered: Education, Teaching, Career, Remote Learning, Parenting, Child Development, Technology.</p>	
11:54	SPOTBREAK 2&3: Alzheimer's Association/Alzheimer's and Air Pollution Pfizer/Making Plans?	:59 :60
13:53	:02 PAUSE FOR LOCAL AVAIL	:02
13:55	<b>SEGMENT 2: WHY DOES KETO CONTINUE TO PERSIST?</b>	8:27
	<p>Synopsis: Every year it seems like there's a new diet or health trend that captures people's attention. The keto diet, which mainly cuts out carbohydrates, has seen a sustained rise in popularity. Originally used as a treatment for kids with epilepsy, today, thousands of ordinary people follow this regimen as well. This week – we're joined by registered dietician, Kristen Sedler, and two people who tried the keto diet and both had entirely different experiences.</p> <p>Host: Marty Peterson. Guests: Kristen Sedler, registered dietician; Isabelle Fiedler, college student; Carolyn Ketchum, food blogger, cookbook author, <i>Easy Keto Breakfasts</i>. Links for more info: <a href="https://www.amazon.com/Ultimate-Guide-Keto-Baking/dp/1628603844">https://www.amazon.com/Ultimate-Guide-Keto-Baking/dp/1628603844</a> <a href="https://www.amazon.com/Easy-Keto-Breakfasts-Low-Carb-Jump-Start/dp/1628603666">https://www.amazon.com/Easy-Keto-Breakfasts-Low-Carb-Jump-Start/dp/1628603666</a> <a href="https://www.healthline.com/nutrition/10-benefits-of-low-carb-ketogenic-diets">https://www.healthline.com/nutrition/10-benefits-of-low-carb-ketogenic-diets</a> <a href="https://www.healthprofs.com/us/nutritionists-dietitians/kristen-sedler-woburn-ma/749729">https://www.healthprofs.com/us/nutritionists-dietitians/kristen-sedler-woburn-ma/749729</a></p> <p>Compliance Issues Covered: Dieting, Diet, Nutrition, Health, Disease, Personal Finance, Cooking.</p>	
22:22	SPOTBREAK 4: Amarin/It's Clear to Me Now	:59
23:21	<b>CULTURE CRASH: OUR FAVORITE FILMS OF 2011</b>	3:05
	<p>Synopsis: What were some of the best movies if we rewind back one decade? We highlight some of our top picks from the year 2011, including the documentary, <i>Jiro Dreams of Sushi</i> and the baseball sports hit, <i>Moneyball</i>.</p> <p>Host: Evan Rook</p> <p>Compliance Issues Covered: Culture, Film</p>	
26:26	SPOTBREAK 5: Pfizer/Pharmacy-Healthy Steps	:60
27:26	Program Conclusion	:32
27:58	TOTAL TIME	

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