



Program Log for Viewpoints Radio

Program	20-12	Written & Produced	Amirah Zaveri & Evan Rook
Air Week	03/22/2020	Studio Producer	Jason Dickey

Time	Segment	Dur.
:00	INTRO	:45
:45	SPOTBREAK 1: AbbVie/Break It Down OUTCUE: ...you by Abbvie.	:60
1:45	:02 PAUSE FOR LOCAL AVAIL	:02
1:47	SEGMENT 1: THE WONDERS OF REMOVING CLOTHING CLUTTER	8:48
	<p>Synopsis: Ever feel like each morning you look at your closet, and despite the large number of clothes, never really have anything to wear? This abundance of extra fabric not only takes up space but also can be a burden to your headspace. We speak with two experts about how to shop and consume less as well as best organize the items you already have.</p> <p>Host: Gary Price. Guests: Courtney Carver, author, <i>Project 333: The Minimalist Fashion Challenge That Proves Less Really is So Much More</i>; Rachel Rosenthal, founder & CEO, Rachel & Company.</p> <p>Links for more info: https://bemorewithless.com/ https://twitter.com/bemorewithless?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor https://www.rachelrosenthal.co/ https://twitter.com/rachelorganizes</p> <p>Compliancy Issues Covered: Consumerism, Waste, Shopping, Mental Health, Finance, Home Organization</p>	
10:35	SPOTBREAK 2&3: Alzheimer's Association/Facts and Figures 2020 Pfizer/The Women of MBC Johnson & Johnson/Heartline OUTCUE: ...know your heart.	:62 :30 :30
12:37	:02 PAUSE FOR LOCAL AVAIL	:02
12:39	SEGMENT 2: THE RESURGENCE OF HAND EMBROIDERY: CRAFTIVISM THROUGH CROSS-STITCHING	10:29
	<p>Synopsis: In a moment where many are practicing 'social distancing', it can be a good opportunity to put down your phones and pick up a stress-relieving solo hobby. We speak with Shannon Downey, creator of Badass Cross Stitch, about the simplicity and art of cross-stitching as well as how she's used it to channel social issues.</p> <p>Host: Marty Peterson. Guest: Shannon Downey, creator of Badass Cross Stitch.</p> <p>Links for more info: https://www.instagram.com/badasscrossstitch/?hl=en http://www.badasscrossstitch.com/ https://www.projectfirechicago.org/</p> <p>Compliancy Issues Covered: Art, Craft, History, Activism, Hobby, Education, Community, Mental Health</p>	
23:08	SPOTBREAK 4: National Safety Council/Addressing Opioid Misuse OUTCUE: ...slash presidential plan.	:62
24:10	CULTURE CRASH: THE NEW SCI-FI MYSTERY SERIES "DEVS"	2:17
	<p>Synopsis: <i>Devs</i> has only released a handful of episodes on Hulu so far, but the sci-fi thriller has already generated a lot of buzz for its gripping plot and eerie feels. We dive into the limited series featuring leads Nick Offerman and newcomer, Sonoya Mizuno.</p> <p>Host: Evan Rook Compliancy Issues Covered: Television, Science Fiction, Streaming</p>	
26:27	SPOTBREAK 5: Progressive Insurance/Cleaning Bad Good News Johnson & Johnson/Heartline OUTCUE: ...know your heart.	:30 :30
27:27	Program Conclusion	:33
28:00	TOTAL TIME	

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