



Program Log for Viewpoints Radio

|                 |            |                               |   |
|-----------------|------------|-------------------------------|---|
| <b>Program</b>  | 21-36      | <b>Written &amp; Produced</b> | Amirah Zaveri, Scarlett O' Hara & Evan Rook |
| <b>Air Week</b> | 09/05/2021 | <b>Studio Producer</b>        | Jason Dickey                                |

| Time  | Segment  | Dur.  |
|-------|--|-------|
| :00   | INTRO  | :45   |
| :45   | SPOTBREAK 1: Progressive Insurance/Big Autozone/Oil PI Castrol GTX HM  | :30   |
|       | OUTCUE: ...today restrictions apply.   | :30   |
| 1:45  | :02 PAUSE FOR LOCAL AVAIL  | :02   |
| 1:47  | <b>SEGMENT 1: ARE YOU ADDICTED TO YOUR PHONE?</b>  | 10:07 |
|       | <p>Synopsis: The average American checks their phone about 90 times a day, according to a 2019 survey from tech research firm, Asurion. How often would you say you check? Every hour? Once every 20 minutes? Do you ever panic when your phone isn't right next to you? This 'attached at the hip' mentality is severely affecting happiness and quality of life for millions of people. So, what can be done to break this all-consuming cycle? Addiction expert Dr. Anna Lembke joins us to break down the widespread problem and offer up some solutions.</p> <p>Host: Gary Price. Guest: Dr. Anna Lembke, professor, medical director, addiction medicine, Stanford University School of Medicine, author, <i>Dopamine Nation: Finding Balance in the Age of Indulgence</i>.</p> <p>Links for more info: <a href="https://profiles.stanford.edu/anna-lembke">https://profiles.stanford.edu/anna-lembke</a><br/> <a href="https://www.amazon.com/Dopamine-Nation-Finding-Balance-Indulgence/dp/152474672X">https://www.amazon.com/Dopamine-Nation-Finding-Balance-Indulgence/dp/152474672X</a><br/> <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a><br/> <a href="https://www.healthline.com/health/mental-health/cell-phone-addiction#about-phone-addiction">https://www.healthline.com/health/mental-health/cell-phone-addiction#about-phone-addiction</a><br/> <a href="https://internetaddictsanonymous.org/">https://internetaddictsanonymous.org/</a></p> <p>Compliance Issues Covered: Mental Health, Health, Technology, Addiction, Happiness, Career, Communication</p> |       |
| 11:54 | SPOTBREAK 2&3: Amarin/It's Clear to Me Now Pfizer/Pharmacy-Healthy Steps   | :60   |
|       | OUTCUE: ...13 dot com.   | :60   |
| 13:54 | :02 PAUSE FOR LOCAL AVAIL  | :02   |
| 13:56 | <b>SEGMENT 2: THE MANY SIDES OF BALLERINO, JAMES WHITESIDE</b>   | 7:54  |
|       | <p>Synopsis: Ballet requires athleticism, artistry and decades of grueling practice. It's an extremely competitive field and few dancers manage to become principal dancers at major theatres. This week on Viewpoints – James Whiteside, a principal dancer at the American Ballet Theatre, shares his professional ballet journey and what he's learned about himself along the way.</p> <p>Host: Marty Peterson. Guest: James Whiteside, principal dancer, American Ballet Theatre, author, <i>Center, Center: A Funny, Sex, Sad, Almost-Memoir of a Boy in Ballet</i>.</p> <p>Links for more info: <a href="https://www.abt.org/people/james-whiteside/">https://www.abt.org/people/james-whiteside/</a><br/> <a href="https://www.instagram.com/jamesbwhiteside/?hl=en">https://www.instagram.com/jamesbwhiteside/?hl=en</a><br/> <a href="https://www.washingtonpost.com/entertainment/books/james-whiteside-memoir-review/2021/08/18/237da47a-ff8f-11eb-a664-4f6de3e17ff0_story.html">https://www.washingtonpost.com/entertainment/books/james-whiteside-memoir-review/2021/08/18/237da47a-ff8f-11eb-a664-4f6de3e17ff0_story.html</a><br/> <a href="https://www.penguinrandomhouse.com/books/670038/center-center-by-james-whiteside/">https://www.penguinrandomhouse.com/books/670038/center-center-by-james-whiteside/</a></p> <p>Compliance Issues Covered: Career, Dance, Self-Confidence, Performance Arts, Creativity</p>   |       |
| 21:50 | SPOTBREAK 4: Donate Cars/Going to Do   | :60   |
|       | OUTCUE: ...four seven eight.   |       |
| 22:50 | <b>CULTURE CRASH: ARTISTS' SHARED INSPIRATION</b>  | 3:37  |
|       | <p>Synopsis: How do artists find inspiration for a new song on an album, or a new idea for a movie? We discuss how great art is more interconnected than you may think.</p> <p>Host: Evan Rook</p> <p>Compliance Issues Covered: Culture, Art</p>  |       |
| 26:27 | SPOTBREAK 5: Pfizer/Making Plans?  | :60   |
|       | OUTCUE: ...you by Pfizer.  |       |
| 27:27 | Program Conclusion   | :32   |
| 27:59 | TOTAL TIME   |       |

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