



**Program Log for Viewpoints Radio**

<b>Program</b>	20-08	<b>Written &amp; Produced</b>	Amirah Zaveri & Evan Rook
<b>Air Week</b>	02/23/2020	<b>Studio Producer</b>	Jason Dickey

<b>Time</b>	<b>Segment</b>	<b>Dur.</b>
:00	INTRO	:46
:45	SPOTBREAK 1: Grainger/Win-Win Progressive Insurance/Drum Solo Get Pumped Sports	:30 :31
1:46	:02 PAUSE FOR LOCAL AVAIL	:02
1:48	<b>SEGMENT 1: REDEFINING SUGAR: ENJOYING SWEET TREATS WITHOUT THE GUILT</b>	12:09
	Synopsis: From sugary lattes to grocery staples like yogurt and bread, sugar still seems to be lurking everywhere. Even with greater awareness, it can still be hard to avoid the cookies and cake if you're craving something sweet. Viewpoints speaks with baking blogger, Elif Yamangil and cookbook author, Jennifer Tyler Lee about the importance of limiting sugar in your diet and how to do so while still indulging in some healthier sweets. Host: Gary Price. Guests: Elif Yamangil, engineer at Google, creator of the blog, Plenty Sweet; Jennifer Tyler Lee, author, <i>Half the Sugar, All the Love</i> . Links for more info: <a href="http://www.plentysweet.net/">http://www.plentysweet.net/</a> <a href="https://www.instagram.com/plentysweet200/">https://www.instagram.com/plentysweet200/</a> <a href="https://www.52newfoods.com/">https://www.52newfoods.com/</a> <a href="https://www.amazon.com/gp/product/1523504234/ref=db_a_def_rwt_bibl_vppi_i0">https://www.amazon.com/gp/product/1523504234/ref=db_a_def_rwt_bibl_vppi_i0</a> <a href="https://www.wellplated.com/">https://www.wellplated.com/</a> Compliance Issues Covered: Baking, Cooking, Health, Sugar Intake, Disease, Education, Motherhood	
13:57	SPOTBREAK 2&3: Kyowa Kirin/Parkinson's Disease	:120
15:57	:02 PAUSE FOR LOCAL AVAIL	:02
15:59	<b>SEGMENT 2: BORN INTO SLAVERY: FIRSHTHAND PERSPECTIVES OF FORMERLY ENSLAVED MEN AND WOMEN</b>	6:57
	Synopsis: Imagine being born into slavery in the South. You have not a dime to your name, received no education and all you know are the surrounding fields of a plantation. What would you do after slavery is abolished? How would you start over? February is Black History Month. As we remember the past and the history of slavery in America, it's important to not only take in the perspectives of historians and educators, but also direct firsthand accounts from the people who lived through this experience. Viewpoints' speaks with historian and photographer, Richard Cahan, co-author of the new book <i>River of Blood: American Slavery From the People Who Lived It</i> . Host: Marty Peterson. Guest: Richard Cahan, co-author, <i>River of Blood: American Slavery From the People Who Lived It</i> . Links for more info: <a href="https://www.cityfilespress.com/books/river-of-blood/">https://www.cityfilespress.com/books/river-of-blood/</a> <a href="https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855">https://www.amazon.com/River-Blood-American-Slavery-People/dp/0991541855</a> <a href="https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-collection/">https://www.loc.gov/collections/slave-narratives-from-the-federal-writers-project-1936-to-1938/about-this-collection/</a> <a href="https://twitter.com/picturetweeter?lang=en">https://twitter.com/picturetweeter?lang=en</a> Compliance Issues Covered: Black History Month, Education, History, Literature, Inequality, Race, Poverty	
22:56	SPOTBREAK 4: Grainger/Family Progressive Insurance/Grocery List Jamie's VM	:60
23:56	<b>CULTURE CRASH: THE JOY OF TV COMEDY SPECIALS</b>	2:30
	Synopsis: Sometimes you don't want a critically acclaimed show or Oscar-worthy movie, but rather something funny like a cheesy rom-com or a bit of classic stand-up. We discuss two Bo Burnham comedy specials that are now streaming on Netflix. Host: Evan Rook Compliance Issues Covered: Television, Culture, Comedy, Streaming	
26:26	SPOTBREAK 5: AbbVie Pharmaceutical/Break It Down	:60
27:26	Program Conclusion	:31
27:57	TOTAL TIME	

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