



Program Log for *Viewpoints Radio*

**2017-Q4 (October-December) Viewpoints Radio Quarterly Report
Compliance Issues covered this quarter:**

- | | |
|-----------------------|------------------|
| American History | Law Enforcement |
| American issues | Leisure |
| Animals | Literature |
| Art | Mathematics |
| Business | Media |
| Calculus | Mental Health |
| Capitalism | Music |
| Careers | Mythology |
| Charity | Nature |
| Childhood Development | Parenting |
| Climate change | Philosophy |
| Criminal Law | Policy Making |
| Culture | Politics |
| Disease | Psychology |
| Disorders | Public speaking |
| Education | Race |
| Elderly | Racism |
| Environmental issues | Self-help |
| Family | Sexual Assault |
| Family Issues | Science |
| Film | Sleep |
| Finance | Sociology |
| Gender | Sports |
| Geography | Student Issues |
| Health | Technology |
| History | Television |
| Holidays | Terrorism |
| Hollywood | Transportation |
| Humanity | Women's Issues |
| | Workplace issues |

Program 17-40

Producers

Reed Pence, Evan Rook, Pat Reuter



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Air Week 10/1/2017 Production Director Sean Waldron

Time Segment Dur.
1:51 SEGMENT 1: Unconventional Vacation Destinations 10:13

Synopsis: When Americans take vacations, it's often to places like theme parks, resorts, or national parks. Our guest says that there's a treasure trove of unique destinations around the world if you veer off the beaten vacation path. He talks about a few of the places you probably never heard about but which offer unique experiences, educational opportunities and a lot of fun.

Host: Gary Price. Guests: Dylan Thuras, co-author of Atlas Obscura: An explorer's guide to the world's hidden wonders

Links for more info: http://www.atlasobscura.com/

Compliance Issues Covered: Family Issues, Geography, Culture

13:41 SEGMENT 2: Non-Traditional Students 8:31

Synopsis: College is thought of as a ticket to a better life. Non-traditional students- those who go to college later in life- can face an uphill battle in their fight to obtain that ticket. We talk to Mike Rose from UCLA about accommodating these students.

Host: Marty Peterson. Guests: Mike Rose, faculty member at the UCLA Graduate School of Education and Information Studies, and author of the book Back to School: Why everyone deserves a second chance at education.

Links for more info: www.mikerosebooks.com

Compliance Issues Covered: Education, Policy Making, Student Issues

23:48 Culture Crash: Peak TV and the Battle for Streaming Supremacy 2:55

Synopsis: "Peak TV" is the choice term used to describe the current flood of options when it comes to what to watch. One thing this year's Emmys ceremony made very clear: Peak TV isn't going anywhere anytime soon.

Host: Evan Rook Compliance Issues Covered: Television, Culture, Art

Program 17-41 Producers Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week 10/8/2017 Production Director Sean Waldron

Time Segment Dur.
1:51 SEGMENT 1: Mythology and Fairy Tales, Good and Evil 8:44

Synopsis: We grow up hearing nursery rhymes and fairy tales that deal with good and evil. All of us fondly remember the cartoons of our youth and the stories we grew up with. We talk to Soman Chainani about authoring a new entry into the catalogue of mythology and his attempt to course-correct the lessons more modern stories have been teaching our children.



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Host: Gary Price. Guests: Soman Chainani, author of *The School for Good and Evil*

Links for more info: <https://schoolforgoodandevil.com/>, <http://somanchainani.net/>

Compliance Issues Covered: Family Issues, Childhood Development, Culture, Mythology

13:40 **SEGMENT 2: Bats: Their value and their endangerment** 9:56

Synopsis: Bats are often thought of as scary or dangerous. But two experts tell us... they're actually very helpful! They eat the insects we so desperately try to rid our yards and neighborhoods of. We explore the benefits of bats, and why their numbers are decreasing in alarming numbers.

Host: Marty Peterson. Guests: Jodi Sedlock, Associate professor of biology, Lawrence University; Don Mitchell, author of *Flying Blind: One man's adventures battling buckthorn, making peace with authority, and creating a home for endangered bats*

Links for more info: <http://www.lawrence.edu/academics/study/biology/faculty>, <http://www.chelseagreen.com/flying-blind>

Compliance Issues Covered: Nature, Education, Animals

24:36 **Culture Crash: Netflix's Mindhunter** 1:49

Synopsis: This Friday the 13th comes in October. We discuss what to watch on the spookiest day of the year and explore Netflix's upcoming psychological thriller series "Mindhunter."

Host: Evan Rook

Compliance Issues Covered: Television, Culture, Art



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Program 17-42 Producers Reed Pence, Evan Rook
Air Week 10/15/2017 Production Director Sean Waldron

Time Segment Dur.
1:50 SEGMENT 1: The Vital Role of Pre-Kindergarten 9:29

Synopsis: Sending your child off to school can be tricky, especially in the years before kindergarten. But Dr. Sharon Bouffard, a developmental psychologist, says doing so can make a big difference in your child's education. We explore the importance of high-quality pre-k schooling, and tips for parents on how to spot a good program from a bad one.

Host: Gary Price. Guests: Dr. Sharon Bouffard, author of The Most Important Year: Pre-Kindergarten and the Future of Our Children

Links for more info: https://www.amazon.com/dp/B06X8YCNZV/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: Family Issues, Childhood Development, Parenting, Education

13:21 SEGMENT 2: The Appeal of Time Travel Stories 9:20

Synopsis: For decades, we've loved stories where characters can travel through time. What is it about this seemingly straightforward concept that draws us in and keeps us compelled all these years later? We talk to pop culture psychologist Dr. Travis Langley.

Host: Marty Peterson. Guests: Dr. Travis Langley, author of Doctor Who Psychology: A Madman with a Box

Links for more info: http://www.travislangley.info/, https://www.amazon.com/Travis-Langley/e/B006UXQOTC

Compliance Issues Covered: Pop Culture, Television, Literature, Movies, Ethics, Psychology

23:41 Culture Crash: James Cameron's Avatar Franchise and the Billion-Dollar Question 2:42

Synopsis: In 2009, Avatar was released and smashed box office records worldwide. Eight years later, 20th Century Fox is producing four sequels simultaneously... but does that past success mean audiences really crave more from the land of Pandora?

Host: Evan Rook

Compliance Issues Covered: Film, Culture, Art, Finance

Program 17-43 Producers Reed Pence, Evan Rook
Air Week 10/22/2017 Production Director Sean Waldron

Time Segment Dur.
1:50 SEGMENT 1: Memory Loss and Alzheimer's Disease 9:29



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Synopsis: As we get older, we all will suffer from some memory loss. The question becomes what memory loss is a normal byproduct of getting older and when is it a sign of a larger problem, like Alzheimer’s Disease. We talk to experts about this question, and what, if anything, we can do to avoid losing their memories.

Host: Gary Price. Guests: Martha Weinman Lear, author of *Where Did I Leave My Glasses?: The what, when, and why of normal memory loss*; Dr. Marwan Sabbagh, author of *The Alzheimer’s Answer: Reduce your risk and keep your brain healthy*

Links for more info: <https://www.amazon.com/Where-Did-Leave-My-Glasses/dp/B003P2VDYM>, <http://www.marwansabbaghmd.com/the-alzheimers-answer/>

Compliance Issues Covered: Disease, Elderly, Family Issues

13:21 **SEGMENT 2: Narcissism: The manipulative, selfish disorder** 9:20

Synopsis: Narcissists are always thinking about themselves. While this takes a toll on their wellbeing, it also takes a big toll on the people around them. We talk about the disorder and tips for people who feel they’re drowning in the orbit of a true narcissist.

Host: Marty Peterson. Guests: Dr. Linda Martinez-Lewi, author of *Freeing Yourself from the Narcissist in Your Life*

Links for more info: <http://thenarcissistinyourlife.com/>

Compliance Issues Covered: Mental Health, Family Issues, Disorders

23:03 **Culture Crash: Blade Runner 2049** 2:42

Synopsis: *Blade Runner 2049* is a sequel worth watching at the theater, but there is some confusion about how best to see its predecessor, *Blade Runner*. We discuss the merits of each and where to best watch the films.

Host: Evan Rook

Compliance Issues Covered: Film, Culture, Art, Finance

Program 17-44 Producers Reed Pence, Evan Rook
Air Week 10/29/2017 Production Director Sean Waldron

Time Segment Dur.
1:50 **SEGMENT 1: Stutters, Stammers, and Vocal Blunders** 9:47

Synopsis: If you’ve had to speak in public, you know the nerves that come with public speaking. So you probably also know the pain of umming, uhing, or misspeaking. We explore where these vocal blunders come from and what they might mean.

Host: Gary Price. Guests: Michael Erard, author of *Um: Slips, Stumbles and Verbal Blunders and What They Mean*



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Links for more info: https://www.amazon.com/dp/B000VSPVLO/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1,

Compliance Issues Covered: Science, Psychology, Public speaking

13:42 **SEGMENT 2: American Borders: How our states got their shapes** 9:09

Synopsis: There are 48 states in the continental United States. Some of them have borders that make a lot of sense, like Illinois which is flanked by rivers. But what about Michigan, Rhode Island, and so many others? We talk to writer Mark Stein about the borders that we've come to take for granted.

Host: Marty Peterson. Guests: Mark Stein, author of *How the States Got Their Shapes*

Links for more info: https://www.amazon.com/dp/B001NLL110/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: History, Geography, American issues

23:51 **Culture Crash: Obsessive Compulsive Disorder and John Green's "Turtles All The Way Down"** 2:36

Synopsis: John Green is best-known for his 2012 hit novel *The Fault in Our Stars*. His latest book, *Turtles All The Way Down* chronicles the life of a teen with OCD. Drawing on Green's experiences with the disorder, the book offers a great story and pulls back the curtain on a misunderstood mental disorder.

Host: Evan Rook

Compliance Issues Covered: Literature, Culture, Art, Mental Health

Program 17-45 **Producers** Reed Pence, Evan Rook
Air Week 11/5/2017 **Production Director** Sean Waldron

Time **Segment** **Dur.**
1:50 **SEGMENT 1: Bumper Sticker Philosophy** 9:04

Synopsis: We've all been amused or annoyed by someone's bumper sticker, but have you ever stopped to think that these strips of adhesive paper with the pithy statements on them could actually mean something? We talk to a teacher and philosopher about the deeper meanings of popular bumper stickers.

Host: Gary Price. Guests: Jack Bowen, philosopher and teacher at Menlo School in Atherton, CA and author, *If You Can Read This: The philosophy of bumper stickers*



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Links for more info: <https://www.penguinrandomhouse.com/books/196584/if-you-can-read-this-by-jack-bowen/9780812981056/>

Compliance Issues Covered: Transportation, Culture, Politics, Media, Philosophy

12:54 **SEGMENT 2: Gardening Differently**

11:00

Synopsis: Typically, we think of gardens as a place meant to look nice or grow some vegetables. But gardener and author Benjamin Vogt says he believes gardens can be about cultivating a better environment and reconnecting humans with the nature around us.

Host: Marty Peterson. Guests: Benjamin Vogt, Garden Designer with Monarch Gardens and author, *A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future*

Links for more info: <https://www.newsociety.com/Books/N/A-New-Garden-Ethic>

Compliance Issues Covered: Environmental issues, Leisure, Nature

23:51 **Culture Crash: The Stretch Run of 2017 in Film**

2:37

Synopsis: With just two months left in the year, there remain so many must-see movies set to be released before the new year. We look into a few of the titles that seem especially worth seeing.

Host: Evan Rook

Compliance Issues Covered: Film, Culture



Program Log for Viewpoints Radio

Program 17-46 Producers Reed Pence, Evan Rook
Air Week 11/12/2017 Production Director Sean Waldron

Time Segment Dur.
1:50 SEGMENT 1: Learning Math Simpler 9:23

Synopsis: It's no secret: American students are way down the international list when it comes to math scores. Why is this? Is there something we could be doing to make learning math a simpler task? Our guests say yes, and have suggestions for kids- and adults- struggling to master mathematics.

Host: Gary Price. Guests: Bob Sun, inventor of The 24 Game and First in Math; Jason Wilkes, author, Burn Math Class: and reinvent mathematics for yourself

Links for more info: http://www.24game.com/, http://www.firstinmath.com/, http://www.basicbooks.com/

Compliance Issues Covered: Education, Mathematics, Calculus

13:15 SEGMENT 2: Sleeping Soundly: How getting quality sleep can enhance our health 9:09

Synopsis: We all sleep, it's human evolution. But the amount of sleep we get and the quality of that sleep can vary greatly. We talk to Matthew Walker, a professor at California-Berkeley, who says sleep is the single biggest thing we can do to help our physical and mental health both in the short-term and long-term.

Host: Marty Peterson. Guests: Matthew Walker, professor of neuroscience and psychology at the University of California-Berkeley and author, Why We Sleep: Unlocking the power of sleep and dreams

Links for more info: https://www.amazon.com/Why-We-Sleep-Unlocking-Dreams/dp/1501144316/ref=asap_bc?ie=UTF8

Compliance Issues Covered: Sleep, Mental Health, Health, Science

23:24 Culture Crash: Chicago's Own Chance the Rapper 3:01

Synopsis: Chance the Rapper has won three Grammys, headlined Lollapalooza, and given millions in charity to Chicago Public Schools. We talk about the impact he's made on his city.

Host: Evan Rook Compliance Issues Covered: Culture, Music, Philanthropy



Program Log for Viewpoints Radio

Program 17-47 Producers Reed Pence, Evan Rook
Air Week 11/19/2017 Production Director Sean Waldron

Time Segment Dur.
1:50 SEGMENT 1: Terrorism in America, 1920 9:14
Synopsis: Americans pride themselves on never forgetting the attacks and terrorism of our history, but somehow a 1920 attack on New York City has slipped through the cracks. Author Jed Rubenfeld talks about the first car bomb attack on Wall Street, the backdrop for one of his historical fiction novels.

Host: Gary Price. Guests: Jed Rubenfeld, author of The Death Instinct

Links for more info: https://www.amazon.com/dp/B003YL4A00/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1, http://www.history.com/news/the-mysterious-wall-street-bombing-95-years-ago

Compliance Issues Covered: History, US Issues, Terrorism

13:06 SEGMENT 2: Developing Forensic Technology: New solutions for tracking and convicting criminals 9:30
Synopsis: New gadgets and programs are constantly being invented. We talk to two leading experts on the subjects to highlight some of the software and hardware helping police and lawyers find the right criminals and get them convicted.

Host: Marty Peterson. Guests: Lee Reiber, COO for Oxygen Forensics Inc.; Jerry Ropelato, CEO of White Clouds

Links for more info: http://www.oxygen-forensic.com/, https://www.whiteclouds.com/#home2

Compliance Issues Covered: Law Enforcement, Technology, Science, Criminal Law

23:36 Culture Crash: Hollywood's Sexual Assault Scandals 2:50
Synopsis: With sexual assault allegations coming against some of Hollywood's top producers, directors and stars, director Ridley Scott is taking a big step to distance his movie from Kevin Spacey's soiled reputation.

Host: Evan Rook Compliance Issues Covered: Sexual Assault, Hollywood, Culture

Program 17-48 Producers Reed Pence, Evan Rook
Air Week 11/26/2017 Production Director Sean Waldron



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Time **Segment** **Dur.**
1:45 **SEGMENT 1: Giving Back This Holiday Season** 9:23

Synopsis: During the holidays, many parents fret over the materialistic messages their children are exposed to. We talk to a mom and an author who together have created a children’s book and game designed to make giving back to others a fun pursuit.

Host: Gary Price. Guests: Sarah Linden and Tyler Knott Gregson, co-authors, North Pole Ninjas: Mission: Christmas

Links for more info: <http://northpoleninjas.com/>

Compliance Issues Covered: Charity, Holidays, Parenting, Family Issues

13:18 **SEGMENT 2: W.E.B. Du Bois’s Lasting Impact in Sociology** 10:08

Synopsis: At the beginning of the 20th century, W.E.B. Du Bois revolutionized scientific sociology, but was denied accolades because of his race. Now, we talk to scholars about what exactly Du Bois did to improve the study of sociology and what his impact truly was.

Host: Marty Peterson. Guests: Aldon D. Morris, professor of sociology and African-American studies at Northwestern University, author of the book, *The Scholar Denied: W.E.B. Du Bois and the birth of modern sociology*.

Links for more info: <http://www.ucpress.edu/>, <http://www.sociology.northwestern.edu/>

Compliance Issues Covered: Sociology, History, Race

24:32 **Culture Crash: Greta Gerwig’s Fantastic Film *Lady Bird*** 1:54

Synopsis: Greta Gerwig’s new film *Lady Bird* offers a fresh perspective on the coming-of-age story and seems bound to play a major role in this year’s awards season.

Host: Evan Rook

Compliance Issues Covered: Media, Literature, Film, Culture

Program 17-49 **Producers** Reed Pence, Evan Rook, Pat Reuter
Air Week 12/3/2017 **Production Director** Sean Waldron

Time **Segment** **Dur.**
1:50 **SEGMENT 1: Making an Impact as a Citizen Scientist** 9:51



Program Log for *Viewpoints Radio*

Synopsis: We think of scientists as needing a lot of training before we can trust their findings. But for centuries, citizen scientists, not scientists by trade, have made some of the biggest discoveries. We talk to two experts about the need for average citizens to be the eyes and ears of big data collecting projects.

Host: Gary Price. Guests: Mary Ellen Hannibal, author, *Citizen Scientist: Searching for heroes and hope in an age of extinction*; Geoff LeBaron, director of Audubon Society's annual Christmas Bird Count

Links for more info: <http://www.maryellenhannibal.com/>, <http://www.christmasbirdcount.org/>

Compliance Issues Covered: Science, Humanity, Education, Climate change

13:43 **SEGMENT 2: Author Jack London's Writings and Social Activism** 10:30

Synopsis: Jack London is known for his rip-roaring adventure books, but he was also a social activist. We discover how London's own journey informed his writing, and how his books and stories reflect the plight of exploited workers and impoverished women and children.

Host: Marty Peterson. Guests: Cecelia Tichi, William R. Kenan Jr. Professor of English and professor of American Studies at Vanderbilt University, author, *Jack London: A writer's fight for a better America*.

Links for more info: <http://www.jacklondonbook.com/>

Compliance Issues Covered: Literature, American History, Capitalism

24:13 **Culture Crash: *The Simpsons*'s Apu Problem** 2:15

Synopsis: *The Simpsons* is a cultural institution. But one character, Apu, is a racist stereotype, and some Indian-American actors and comedians think it's past time for a re-evaluation.

Host: Evan Rook

Compliance Issues Covered: Hollywood, Culture, Racism



Program Log for Viewpoints Radio

Program 17-50 Producers Reed Pence, Evan Rook, Polly Hansen, Pat Reuter
Air Week 12/10/2017 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: The Role of a Literary Editor 10:07
Synopsis: You see authors thank their editors all the time in the acknowledgements section of a book. But exactly what does an editor do? We talk to an editor himself who explains to us what an editor does to get the book from a manuscript to the finished copy on store shelves.

Host: Gary Price. Guests: Peter Ginna, literary editor and author, What Editors Do

Links for more info: http://www.press.uchicago.edu/ucp/books/book/chicago/W/bo21439635.html

Compliance Issues Covered: Literature, Careers, Culture

13:56 SEGMENT 2: Being the Newcomer: How to navigate new situations 9:00
Synopsis: When you're the new person at the office, in the neighborhood or at a party it can be an awkward situation, especially if you're not the most gregarious person. Our guest discusses the issue and offers advice on how to navigate various situations when you're the newbie in the room.

Host: Marty Peterson. Guests: Keith Rollag, Associate Professor of Management, and Chairman of the Management Division at Babson College, Wellesley, MA, and of author of What to Do When You're New: How to be comfortable, confident and successful in new situations.

Links for more info: http://www.keithrollag.com/, http://www.whenyourenew.com/

Compliance Issues Covered: Sociology, History, Workplace issues, Psychology

22:56 SPOTBREAK 3: Donate Cars/Going to Do PSA OUTCUE: seven-eight. :60
23:56 Culture Crash: Christmas Music 2:31
Synopsis: It's all around us: the sounds of the holiday season. We explore some of the classics and modern hits that make December truly the most wonderful time of the year.

Host: Evan Rook

Compliance Issues Covered: Media, Music, Culture, Holidays



Program Log for Viewpoints Radio

Program 17-51 Producers Reed Pence, Evan Rook, Polly Hansen
Air Week 12/17/2017 Production Director Sean Waldron

Time Segment Dur.
1:47 SEGMENT 1: America's Diner Waitresses 10:11

Synopsis: Diners are an American staple. It's where you stop for a piece of pie and a cup of coffee from coast to coast. But diners are slowly disappearing to larger chains. We talk about the waitresses who make the diners function and the culture behind the career.

Host: Gary Price. Guests: Candacy Taylor, author, Counter Culture: The American Coffee Shop Waitress

Links for more info: https://www.amazon.com/dp/B00O08LDW2/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1, http://taylormadeculture.com/

Compliance Issues Covered: American Issues, Careers, Culture, Business

14:00 SEGMENT 2: Creating Great Teams with Diverse Thought 8:38

Synopsis: It may seem like the best way to create a business is to only include the best and the brightest. But limiting your group to any standard, even Ivy League-education, can lead to groupthink. We talk to one expert about how cognitive diversity can improve the results for a school, business, or even an entire society.

Host: Marty Peterson. Guests: Scott E. Page, Leonid Hurwicz Collegiate Professor at the University of Michigan and author, The Difference: How the power of diversity creates better groups, firms, schools and societies.

Links for more info: https://sites.lsa.umich.edu/scottepage/research-2/diversity-research/, https://www.amazon.com/The-Difference-Diversity-Creates-Societies/dp/0691138540

Compliance Issues Covered: Sociology, Workplace issues, Psychology, Diversity

23:38 Culture Crash: 2017's "Little" Horror Movies 2:42

Synopsis: This year, low-cost horror movies like "Get Out" made big noise at the box office and now, the awards conversation. We discuss one man responsible for the trend: producer Jason Blum.

Host: Evan Rook Compliance Issues Covered: Media, Movies, Culture, Economics

Program 17-52 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 12/24/2017 Production Director Sean Waldron



Program Log for Viewpoints Radio

Time Segment Dur.
1:47 SEGMENT 1: Hitting the Off Switch: Going offline in a digital age 10:11
Synopsis: Smart phones and social media apps take up a lot of time for many Americans. We can't watch TV or sit at the dinner table without checking for notifications or scrolling Twitter simultaneously. That's what worried Christina Crook, who took a 31-day vacation from the internet to reconnect with her physical life.

Host: Gary Price. Guests: Christina Crook, communications professional and author, The Joy of Missing Out: Finding balance in a wired world

Links for more info: http://www.jomobook.com/

Compliance Issues Covered: American Issues, Internet, Technology, Social Issues
13:05 SEGMENT 2: America's Pearl Harbor Christmas 8:38
Synopsis: Christmas 1941 came just weeks after the devastating attack on Pearl Harbor dragged America into World War II. We talk to historian Stanley Weintraub about how America was getting ready for war while trying to celebrate the holiday season.

Host: Marty Peterson. Guests: Stanley Weintraub, historian, author of Pearl Harbor Christmas: A world at war 1941.

Links for more info: https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: History, War, America, Politics, Holidays
24:08 Culture Crash: Black Mirror 2:42
Synopsis: Netflix's Black Mirror is like The Twilight Zone for the digital age. We discuss the show, its technologies, and how the unsettling drama has found a foothold exploring the future of our world.

Host: Evan Rook Compliance Issues Covered: Media, Television, Technology, Culture

Program 17-53 Producers Reed Pence, Evan Rook, Pat Reuter
Air Week 12/31/2017 Production Director Sean Waldron

Time Segment Dur.



Program Log for *Viewpoints Radio*

1:47 **SEGMENT 1: Lessons on Joy** 11:07

Synopsis: In a country that seems to be pulling away more and more every day, it can seem nearly impossible to find time for yourself to clear your mind and feel joy. We talk to Douglas Abrams about the week he spent learning from two of the world's spiritual leaders, His Holiness the 14th Dalai Lama and Archbishop Desmond Tutu. Abrams shares the joy practices and little things that the Dalai Lama and Archbishop Tutu do daily to experience joy regularly.

Host: Gary Price. Guests: Douglas Abrams, author of *The Book of Joy: Happiness in a Changing World*

Links for more info: <http://www.jomobook.com/>

Compliance Issues Covered: Religion, History, Mental Health

13:05 **SEGMENT 2: The State of Television** 10:08

Synopsis: The world of television has never been busier. With more than 500 scripted shows airing in 2017, it's never been harder to keep up with the medium. We talk to TV critic Alan Sepinwall about staying on top of things, the trends of TV, and one of the great shows of the century so far, *Breaking Bad*.

Host: Marty Peterson. Guests: Alan Sepinwall, TV critic for UPROXX.com and author of *Breaking Bad 101*

Links for more info: https://www.amazon.com/dp/B005P1A46E/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Compliance Issues Covered: Television, Art, Criticism

24:08 **Culture Crash: Netflix's *Dark*** 1:59

Synopsis: Netflix has a new binge-worthy show called *Dark*. The German-language show involves time travel, family drama, a small town, and a lot of mind-bending sci-fi.

Host: Evan Rook

Compliance Issues Covered: Culture, Television, Media