

# CHOOSE TO BE CURIOUS

Conversations about curiosity  
in work and life

*Choose to be Curious is all about curiosity.  
We talk about research and theory,  
but mostly it's conversations about  
how curiosity shows up in work and life.*

**PRODUCER & HOST:** Lynn Borton choosetobecurious@gmail.com

**PODCAST:** Apple Podcasts, iTunes, Stitcher, Mixcloud & Soundcloud: /choosetobecurious

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## SEASON ONE:

**001: Education & Learning with Micaela Pond**, Arlington Public Schools teacher (May 4, 2016)

**002: Journalism with Drew Costley**, Falls Church Press news editor (May 18, 2016)

**003: This Is Your Brain on Curiosity with Dr. Jill Bolte Taylor**, neuroanatomist (June 2, 2016)

**004: Cultivating a Holy Curiosity with Revs. Carolyn Richar & Junsen Nettles** (June 16, 2016)

**005: Creativity with A.J. Smith**, musician and songwriter (June 29, 2016)

**006: More and More Beautiful Questions with Beth Flores**, intrapreneur (July 13, 2016)

**007: Curiosity, Comics & the CIA with Tom King**, writer, Batman comic books (July 27, 2016)

**008: Body Awareness & Yoga with Jenn Seiff**, Om Joy Yoga (Aug. 10, 2016)

**009: The Case of the Curious Detective with Det. Sarah Bertollini**, Arlington County Police (Aug. 31, 2016)

**010: Empathy with Brandon Charles**, Breaking Boundaries (Sept. 7, 2016)

**011: Trauma & Incarceration with Elizabeth Jones**, Offender Aid & Restoration, Inc. (Sept. 22, 2016)

**012: Leadership with Scott Nycum**, CSRA (Oct. 6, 2016)

**013: Science & Research with Kelly Falkner**, National Science Foundation (Oct. 21, 2016)

**014: Narrative Medicine with Dr. Raya Kheirbek**, DC Veterans Affairs (Nov. 3, 2016)

**015: Challenging Racism with Marty Swaim & Monique Brown**, Challenging Racism (Nov. 16, 2016)

**016: Improv with Jesse Robinson**, The ProvCast (Nov. 30, 2016)

**017: Me on Curiosity**, PictureLocks' Kevin Sampson turns the tables and interviews me (Dec. 14, 2016)

**018: Conflict Resolution/Megan Price**, GMU School for Conflict Analysis & Resolution (Dec. 30, 2016)

**019: Adolescence with Kate McCauley & Michael Swisher** (Jan. 12, 2017)

**020: Gender Identity with Evie & Sarah Priestman** (Jan. 25, 2017)

**021: Evaluation with Carlisle Levine**, BLE Solutions (Feb. 8, 2017)

**022: Immigration with Anderson Escobar & Meriami Shengelia**, Liberty's Promise (Feb. 22, 2017)

**023: News Literacy with Patricia Hunt**, Wakefield High School teacher (March 8, 2017)

**024: Curiosity & the Farmers Market** (March 22, 2017)

**025: Early Childhood with Kate Graham**, Arlington Public Schools (April 5, 2017)

**026: Challenging Racism, Part 2 with Monique Brown**, Challenging Racism (April 19, 2017)

## SEASON TWO:

- 027: Trust with Scott Nycum, CSRA (May 3, 2017)
- 028: Writing Fiction with Laura McBride, teacher and author (May 17, 2017)
- 029: Curiosity Across Political Distance with Stacy Snyder, Together Virginia (May 31, 2017)
- 030: Checking Out Curiosity at the Library with Jennifer Rothschild, Arlington Public Library (June 14, 2017)
- 031: Entrepreneurial Spirit with Ximena Hartsock, founder, Phone2Action (June 28, 2017)
- 032: Is Curiosity Feminine? With Tonya Howe PhD, Marymount University (July 12, 2017)
- 033: Placemaking with Graham Coreil-Allen, New Public Sites (July 26, 2017)
- 034: Curious & Not Old with Marjorie Varner, Encore Learning (Aug. 9, 2017)
- 035: What in the World? With Bunmi Akinnusotu, What in the World? Radio & Podcast (Aug. 23, 2017)
- 036: Building Bridges with Vivek Patil, Building Bridges (Sept. 6, 2017)
- 037: RV Curious? with Laine Coates, former AIM staffer, now RV traveler (Sept. 20, 2017)
- 038: Find One's Calling with Mohamed Ali, creative human enabler (Oct. 4, 2017)
- 039: Networking with Dana Theus, InPower Coaching (Oct. 18, 2017)
- 040: #MyCuriousEyes with Karen Ward, Curiosity, Inc. (Nov. 1, 2017)
- 041: Skepticism, or Is It? with Keris Myrick (Nov. 15, 2017)
- 042: #Analogy: A Tribute, upon the death of the first Big Jar of Wannabe Analogies (Nov. 29, 2017)
- 043: Oral History with Valeria Gelman, The Local Shop (Dec. 13, 2017)
- 044: Comedy Is About Observation / Felonious Munk, Calvin Evans & Odinaka Ezeokoli (Dec. 29, 2017)
- 045: What Makes Us Curious? With Dr. Mario Livio, astrophysicist and author (Jan. 10, 2018)
- 046: Sondra's Story: You Can't Help But Want to Know, finding my mother-in-law's father (Jan. 24, 2018)
- 047: Transformative Power of Attention with Caetlin Benson-Allott, Georgetown Univ. (Feb. 7, 2018)
- 048: Curious & Wondrous Travel with Elliot Carter, Atlas Obscura (Feb. 21, 2018)
- 049: Curiosity, Big Data & The Flu, with Dr. Naren Ramakrishnan, Discovery Analytics Center (March 7, 2018)
- 050: Walking the Curiosity Talk, highlights of 50 hours spent in celebration of 50 episodes (March 21, 2018)
- 051: Curiosity & Ethics Consultation with Dr. Ellen Fox, Fox Ethics Consulting (April 4, 2018)
- 052: Curiously Green with Miriam Gennari, Styrofoam Mom (April 18, 2018)

## SEASON THREE:

- 053: Double Take on Lynching with Susan Strasser & Marcia Cole, historian & poet join forces (May 2, 2018)
- 054: How to Change the World, Central Falls High School (RI) students in the nation's capital (May 16, 2018)
- 055: Lessons Learned with Sharon Shutler, an advocate reflects on what worked & what didn't (May 30, 2018)
- 056: Curiosity & the Craving Mind with Dr. Judson Brewer, Brown University & TEDTalk star (June 13, 2018)
- 057: Listening Well with Jocelyn Frank, DC Listening Lounge & Sound Scene (June 27, 2018)
- 058: Curiosity & Infidelity with The Chump Lady, Tracy Schorn (July 11, 2018)
- 059: Curiosity, Craft & Creativity with Matthew Cronin, professor of management, GMU (July 25, 2018)
- 060: Celebrity with Dean Rogers, The Rogers Revue, entertainment news (Aug. 8, 2018)
- 061: Student-Led Research with Shane McCarty, Yorktown High School AP Psych students (Aug. 22, 2018)
- 062: Curiosity & A Big Book - #OhBoyTolstoy, Arlington Public Library's 2018 Big Book Club (Sept., 5, 2018)
- 063: Curiosity Is Political, with Perry Zurn, professor of philosophy, American University (Sept. 19, 2018)
- 064: Bias, with filmmaker Robin Hauser, documentary filmmaker takes on implicit bias (Oct. 3, 2018)
- 065: Capturing the Bandwidth of Curiosity, with Todd Kashdan, researcher/psychologist, GMU (Oct. 17, 2018)
- 066: Current Affairs, Kids & Curiosity, with Andrea Cambron, Enlighten Me, WERA (Oct. 31, 2018)
- 067: Curiosity's Part in Theater Arts, with Stan Kang, Educational Theatre Company (Nov. 14, 2018)
- 068: Courtesy of Curiosity, with Rebecca Czarniecki, Tea With Mrs. B (Nov. 28, 2018)
- 069: A Capital Naturalist, with Alonso Abugattas, Capital Naturalist (Dec. 12, 2018)
- 070: Animal Curiosity at the National Zoo (Dec. 26, 2018)
- 071: Point of View, with Photographer Jason Horowitz, Jason Horowitz Fine Art Photography (Jan. 9, 2019)

- 072: Curious About Our Roots, with Wilma Jones, author of *My Halls Hill Family* (Jan. 23, 2019)
- 073: Curiosity in Support of Equity, with Christian Dorsey, Arlington County Board chair (Feb. 6, 2019)
- 074: Neuroscience Eyes Curiosity, with Dr. Jacqueline Gottlieb, Columbia University (Feb. 20, 2019)
- 075: Curiosity & the Law, with Palma Strand, law professor, Creighton University (March 6, 2019)
- 076: Curiosity on the Menu, with Noobtsaa Vang, entrepreneur & founder, Foodhini (March 20, 2019)
- 077: Taking Curiosity in Stride, with WalkArlington (April 3, 2019)
- 078: Putting Curiosity on the Map, with Allison Davis-Holland, cartographer (April 17, 2019)

#### SEASON FOUR:

- 079: Curiosity & Sex Ed, with Jacomina de Regt, facilitator, Our Whole Lives "OWL" (May 1, 2019)
- 080: The Right Question Institute, with Andrew Minigan, director of strategy (May 15, 2019)
- 081: Curiosity is the Gateway to Connection, with Mike Morales (May 29, 2019)
- 082: What Is a Question, with Lani Watson, PhD, philosopher, University of Edinburgh (June 12, 2019)
- 083: Curiosity & Collecting, with Barbara M. Benedict, English lit professor, Trinity College (June 26, 2019)
- 084: Can We Choose to be Curious? with Asia Ferrin, professor of philosophy, American Univ. (July 10, 2019)
- 085: Ethnography & Cultures of Curiosity, with John L. Jackson, Jr., Annenberg School, UPenn (July 24, 2019)
- 086: Diversity, Inclusion & Curiosity, with Karen Coltrane, Leadership Center for Excellence (Aug. 7, 2019)
- 087: Reassessing the Costs of Curiosity, with Seeta Sistla, Hampshire College (Aug. 21, 2019)
- 088: Why Count: Curiosity & Census 2020, with Elizabeth Hardy, Arlington County Planning (Sept. 3, 2019)
- 089: In Praise of Distraction, with Tyson Lewis, University of North Texas (Sept. 17, 2019)
- 090: Storytelling: A Curious Tale, with Ronald Young, Jr., podcaster *Time Well Spent* (Sept. 25, 2019)
- 091: Curiosity & Philanthropy, Sonia Quiñónez, Eugene & Agnes E. Meyer Foundation (Oct. 2, 2019)
- 092: On Being a Curious Maker, with Henry Dunbar, maker & upcycler (Oct. 9, 2019)
- 093: Curios & Curiotizing, with Trans Scholar Amy Marvin, (Oct. 16, 2019)
- 094: Designing for Curiosity, with HyunJoo Oh, Georgia Tech (Oct. 23, 2019)
- 095: Censorship: Curiosity Curtailed, with Molly Roberts, UC San Diego (Oct. 30, 2019)
- 096: Curiosity & Racist Mindsets, with Narendra Keval, London psychologist & psychoanalyst (Nov. 13, 2019)
- 097: Curiosity, Values and Financial Planning, with Rebecca Borton, **Concentric Wealth**, (Nov. 20, 2019)
- 098: Cultivating Cultural Intelligence, with Asma Ahmad, founder, Zaha (Nov. 27, 2019)
- 099: Neurodiverse Curiosity, with Kristy Johnson, MIT Media Lab (Dec. 11, 2019)
- 100: Everyday Curiosity, with David Lydon-Staley, UPenn (Dec. 18, 2019)
- 101: Curiosity, Trust and Homebuying, with Realtor Christine Hopkins (Dec. 25, 2019)
- 102: Reflections-Not-Resolutions, with Kristine Wood, Facilitator & Trainer, Core Skill LLC (Jan. 1, 2020)
- 103: Why Should This Be So? with Susan Engel Ph.D., Williams College (Jan. 8, 2020)
- 104: Curiosity & Non-Obvious Thinking, with Rohit Bhargava, author & marketing expert (Jan. 15, 2020)
- 105: Dance & Embodied Curiosity, with Erin Foreman-Murray, American University (Jan. 22, 2020)
- 106: Build a Better Shoe, with Casey Kerrigan, M.D., founder OESH Shoes (Jan. 29, 2020)
- 107: Capitalist Curiosity & Student Mental Health, with Arjun Shankar, PhD, Colgate (Feb. 5, 2020)
- 108: Greg Hamilton Just Wanted to Know Stuff, publisher, Arlington Magazine (Feb. 12, 2020)
- 109: Curiosity & Health Advocacy, with Nicole Rochester, M.D., founder, Your GPS Doc, (Feb. 19, 2020)
- 110: Curiosity in Service of Bipartisanship, with Bob Mitchell, Bipartisan Leadership Project (March 4, 2020)
- 111: Network Systems: Connecting the Dots with Dani Bassett, UPenn (March 11, 2020)
- 112: A Curious Crew: Curiosity & The Community College Initiative (March 18, 2020)
- 113: (Re)Creating Community, with Ashley Goff, Arlington Presbyterian Church (March 25, 2020)
- 114: Resilient & Brave, with Dr. Jill Bolte Taylor, brain scientist (April 1, 2020)
- 115: Curiosity Studies, with Perry Zurn, PhD, American University (April 15, 2020)
- 116: Voicing Curiosity, with Carol Cadby, educator, actor, director, coach (April 29, 2020)

## SEASON FIVE:

- 117: **Curious Entanglements, with Christina León**, Princeton University (May 13, 2020)
- 118: **Appreciative Inquiry, with Tojo Thatchenkery**, George Mason University (May 27, 2020)
- 119: **James Danckert Is Curious About Boredom**, University of Waterloo (June 10, 2020)
- 120: **Curiosity & the Digital Transgender Archive, with KJ Rawson**, founder and director (June 24, 2020)
- 121: **Curiosity & A Seat at the Table, with Krysta Jones**, founder Vote. Lead. Impact. (July 8, 2020)
- 122: **CuriosityConnects.Us with Philippa Hughes**, social sculptor and activist (July 22, 2020)
- 123: **Sounds of Caring, with Yoko Sen & Tammy Beaulieu**, reflections from COVID frontlines (Aug. 5, 2020)
- 124: **Curiosity & Education Equity, with Ryoko Reed**, education/equity advocate (Aug. 19, 2020)
- 125: **Curiosity Out on the Town, with Demian Perry**, founder TownCalendar.com (Sept. 2, 2020)
- 126: **Imagining Worlds Otherwise: Learning from Black Feminist Curiosity, Ayanna Spencer** (Sept. 16, 2020)
- 127: **The News Literacy Project, with Ebonee Rice**, News Literacy Project (Sept. 30, 2020)
- 128: **Solitude, with Poet David Keplinger**, American University (Oct. 14, 2020)
- 129: **The Inquiring Minds Behind Science Writing, with Kim O'Connell**, writer/teacher (Oct. 28, 2020)
- 130: **Ode to Crows, with Colleen & John Marzluff**, University of Washington (Nov. 11, 2020)
- 131: **Neighboring, with Alli Henry**, Community Planning, Rosslyn BID (Nov. 25, 2020)
- 132: **COVID & the Consequences of Incuriosity, with Dr. Eric Feigl-Ding** (Dec. 9, 2020)
- 133: **Curiosity & Helping Each Other, with Kellen MacBeth**, founder of Facebook group (Dec. 16, 2020)
- 134: **Curiosity & Learning in Two Languages, with Marleny Perdmoo**, Key School (Jan. 6, 2021)
- 135: **Curiosity in the Workplace, with Alison Horstmeyer** (Jan. 20, 2021)
- 136: **Dialogues on Race & Equity, with Samia Byrd**, Arlington County (Feb. 3, 2021)
- 137: **Dynamic Equilibrium: Curiosity & Color, with Bryan Jernigan**, artist (Feb. 17, 2021)
- 138: **Engineering & the Frederick Douglass Memorial Bridge, with Dennis Howland** (March 3, 2021)
- 139: **Humble Inquiry for Parents, with Kate McCauley**, Center for Parents & Teens (March 17, 2021)
- 140: **Creating Knowledge that Works, with Jason Radford**, Volunteer Science (March 31, 2021)
- 141: **Diagnosing Curiosity, with Stefaan van Hooydonk**, Global Curiosity Institute (April 14, 2021)
- 142: **Science Thinking, Uncertainty & Kids, with Jamie Jirout**, UVA School of Educ. (April 28, 2021)

## SEASON SIX:

- 143: **Compassionate Curiosity & Death, with Valoria Walker**, Doula by Destiny (May 12, 2021)
- 144: **Curiosity & Peace Building, with Alp Özerdem**, Carter School, GMU (May 26, 2021)
- 145: **What If? Counterfactual Curiosity, with Lily FitzGibbon**, University of Reading (June 9, 2021)
- 146: **The Montessori Method, with Chandra Fernando**, education consultant (June 23, 2021)
- 147: **Rebel Leadership, with Larry Robertson**, innovation advisor and author (July 7, 2021)
- 148: **Curiosity & Community Media, with Antoine Haywood**, UPenn Annenberg School (July 21, 2021)
- 149: **Studio PAUSE, with Sushmita Mazumdar** artist, educator, writer (Aug. 4, 2021)
- 150: **Curiosity in Work & Life, with John Green**, educator, entrepreneur, haircutter (Aug. 18, 2021)
- 151: **Reveal: The Art of Reimagining Scientific Discovery, Rebecca Kamen**, artist (Sept. 1, 2021)
- 152: **Between Improbable & Impossible: Curiosity & Magic, with Mitch Prayer**, magician (Sept. 15, 2021)
- 153: **Sober Curious, with Laura Silverman**, founder, Booze Free in DC (Sept. 29, 2021)
- 154: **Our Man in Arlington, Charlie Clark**, journalist, author and historian (Oct. 13, 2021)
- 155: **Morbid Curiosity, with Coltan Schrivner**, University of Chicago (Oct. 27, 2021)
- 156: **Curiosity & Community Engagement, with Dulce Carrillo**, Arlington Public Schools (Nov. 10, 2021)
- 157: **Reading Our Landscapes, with Liam Heneghan**, DePaul University (Nov. 24, 2021)
- 158: **The Courage of Our Questions, with Crys Matthews**, social justice music maker (Dec. 8, 2021)
- 159: **Architecting Curiosity; Pim Schachtschabel, Monica Canfield-Lenfest & Anthony Rocco** (Dec. 22, 2021)
- 160: **Curiosity in Restorative Justice, with Kimiko Lighty**, Restorative Arlington (Jan. 5, 2022)
- 161: **Sanity, with Tanmoy**, mental health journalist (Jan. 19, 2022)

- 162: Solutions Journalism: An Exercise in Curiosity, with Marie von Hafften** (Feb. 2, 2022)
- 163: The Art of Insubordination, with Todd Kashdan**, Well-Being Lab, GMU (Feb. 16, 2022)
- 164: Information Design with Curiosity in Mind, with Alli Torban**, information designer (Mar. 2, 2022)
- 165: Wait...What? Revisiting Curiosity, Race & Healthcare, with Dr. Nicole Rochester** (Mar. 16, 2022)
- 166: Conspiracy Theories, Magical Thinking & Curiosity, with Eric Oliver**, University of Chicago (April 6, 2022)
- 167: Getting to Carbon Neutral with Curiosity, with Helen Reinecke-Wilt**, Arlington County (April 20, 2022)

#### **SEASON SEVEN:**

- 168: Paying Attention to Our Bodies, with Eva Meier**, The Line Method (May 11, 2022)
- 169: Michael Tennant is Actually Empathic**, Curiosity Lab / Actually Curious card game (May 18, 2022)
- 170: Spiritually Curious, with Rev. Bryant Oskvig**, American University (June 1, 2022)
- 171: Blending & Normalizing: Curiosity, Quilts & Juneteenth, with Andi Cullins**, textile artist (June 15, 2022)
- 172: Curiosity, Gamification & Capital Clues, with Erik Neighbour**, ed-tech founder (June 29, 2022)
- 173: Query the Work, with Writer Liz Coley**, author & playwright (July 13, 2022)
- 174: Mirrors & Windows: Reading & Kids, with Jennifer Sauter-Price**, Read Early And Daily (July 27, 2022)
- 175: Urban Sketching, with Todd Cumpston**, artist and teacher (Aug. 10, 2022)
- 176: Curiosity as a Business Tool, with Tara Palacios**, BizLaunch, Arlington County (Aug. 24, 2022)
- 177: Curious Minds: The Power of Connection, with Perry Zurn & Dani S. Bassett** (Sept. 7, 2022)
- 178: Curiosity, Science & Humor Walk into a Bar..., with Kasha Patel**, comedian & journalist (Sept. 21, 2022)
- 179: Apprenticeship as a Curiosity Practice, with Rich Maxham, Danny Smith & Katy Clune** (Oct. 4, 2022)
- 180: Urbanism and Seeing with Fresh Eyes, with Luca Gattoni-Celli**, housing advocate (Oct. 25, 2022)
- 181: The Right Questions for Legal Empowerment, Naomi Campbell**, Right Question Institute (Nov. 4, 2022)
- 182: Be an Askable Adult, with Ashley Blowe, Siobhan Grayson & Scotney Young**, (Nov. 18, 2022)
- 183: Curiosity & Geocaching Goodness, with Sonny Portacio**, The Podcasher Podcast (Dec. 1, 2022)
- 184: Curiosity in Apes, with Sofia Forss, Ph.D.**, Univ. of Zurich (Dec. 15, 2022)
- 185: The Human Library, with Ronni Abergel**, CEO & Co-founder, The Human Library (Dec. 29, 2022)
- 186: Natural Curiosity & Indigenous Perspectives of Inquiry, Alysse Kennedy & Aleksa Nitsis** (Jan. 12, 2023)
- 187: From Curiosity & Language to Linguistic Justice, with Sonja Lanehart**, Univ. of Arizona (Jan. 26, 2023)

*It was my honor and privilege to have been invited by editors Perry Zurn and Arjun Shankar to interview the contributing authors in their anthology Curiosity Studies: A New Ecology of Knowledge (University of Minnesota Press, 2020). These episodes feature the remarkable people behind an exciting volume that seeks to be “enlivening, stimulating and unsettling” and to “enact a radical curiosity in your everyday life.”*

**CURIOSITY STUDIES SERIES – contributing authors to *Curiosity Studies: A New Ecology of Knowledge* (2020)**

- *Network Science & the Practice of Curiosity*, Danielle Bassett, University of Pennsylvania
- *Curiosity & Collecting*, with Barbara M. Benedict, Trinity College
- “Why Should This Be So?” with Susan Engel, Williams College
- *Ethnography & Cultures of Curiosity*, with John L. Jackson Jr., Annenberg School, UPenn
- *Neurodiverse Curiosity*, with Kristy Johnson, MIT Media Lab
- *Curiosity & Racist Mindsets*, with Narendra Keval, Consultant Psychotherapist & Clinical Psychologist
- *Curious Entanglements*, with Christina León, Princeton University
- *In Praise of Distraction*, with Tyson Lewis, University of North Texas
- *Curios & Curiotizing*, with Amy Marvin, Trans Scholar
- *Capitalist Curiosity & Student Mental Health*, with Arjun Shankar, Colgate University
- *Reassessing the Costs of Curiosity*, with Seeta Sistla, Hampshire College
- *Curiosity Studies, Toward a New Ecology of Knowledge*, with Perry Zurn, American University

*Curiosity is deeply personal and very individual, but I’ve found that inviting others in to the curiosity conversation opens the dialogue in meaningful – and often delightful – ways. I’ve been pleased to hand the reins to these collaborators:*

**CHOOSE TO BE CURIOUS INTERNSHIP GUEST PRODUCERS**

- *Curiosity & Sex Ed*, with Jacomina de Regt – Caroline Kish, producer & host
- *Dance & Embodied Curiosity*, with Erin Foreman-Murray, American Univ. – Michela Dwyer, producer & host
- *Reading Our Landscapes*, with Liam Heneghan, DePaul University – Lydia Perry, producer & host
- *Spiritually Curious*, with Rev. Bryant Oskvig, American University – Reed Weiler, producer & host

**TOPICS IN PHILOSOPHY GUEST HOST SERIES – Summer 2020**

A project in collaboration with graduate and undergraduate students at American University

- *Curiosity & the Digital Transgender Archive*, with KJ Rawson – Matt Ferguson, producer & host
- *Imagining Worlds Otherwise: Learning from Black Feminist Curiosity*, with Ayanna De’Vante Spencer – Julie Williams-Reyes, producer & host

