

# 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**

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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 Praver**, 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 Podcaster 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)
- 188: Curiosity Is Hailey Magee's Love Language, life coach (Feb. 9, 2023)
- 189: The Ultimate Exercise in Curiosity, with Filmmaker Antonio Villaronga, Cineronga (Feb. 23, 2023)
- 190: "Be Curious. Allow Your Heart & Your Mind to Open," with Amina Luqman-Dawson (Mar. 9, 2023)
- 191: Slow Looking & Visible Thinking, with Claire Bown, Thinking Museum (Mar. 23, 2023)
- 192: Curiosity in Service of Ending Period Poverty, with Eva Marie Carney, The Kwek Society (April 6, 2023)
- 193: Citizen Science Is for Everyone, with Caroline Nickerson, SciStarter (April 20, 2023)

#### SEASON EIGHT:

- 194: The Curiosity Lab, with Jaison Manjaly, IIT Gandhinagar (May 4, 2023)
- 195: Where Research Begins, with Tom Mullaney, Stanford University (May 18, 2023)
- 196: Beyond Your Front Door, with Dina Pavlis, radio producer & host (June 1, 2023)
- 197: A Curiosity Practice Bonanza, with Jonathan Schooler, Meta Lab, UC Santa Barbara (June 15, 2023)
- 198: Curiosity & Respect, with Julie Pham, PhD, author & founder, Curiosity Based (June 29, 2023)
- 199: Curiosity at Work, with Helen Chamberlin, Rehoboth Beach Film Society (July 13, 2023)
- 200: Street Wisdom, with David Pearl, founder of Street Wisdom (July 27, 2023)
- 201: Fearlessly Curious Conversations in Dangerously Divided Times, with Monicá Guzmán (Aug. 10, 2023)
- 202: On Open-Earedness, with Tim McKenry, Australian Catholic University (Aug. 24, 2023)
- 203: When You Are Curious, with Veronika Darwell, teacher & author (Sept. 7, 2023)
- 204: Curiosity, Analogies & the Power of Less, with Leidy Klotz, University of Virginia (Sept. 21, 2023)
- 205: India Asks Why, with Ruchi Manglunia & Shweeta N. Hegde, science communications (Oct. 5, 2023)

- 206: **Cultivating a Curious Palate, with Jack Zhang, (@cookingforlevi) author & chef (Oct. 19, 2023)**
- 207: **Seeing Differently: Curiosity, Creativity & Dyslexia, with Rebecca Kamen, artist (Nov. 2, 2023)**
- 208: **How Curiosity Can Transform Your Life & Change the World, with Scott Shigeoka (Nov. 16, 2023)**
- 209: **Why Neuroscience Matters, with Ilya Monosov, Washington University, St Louis (Nov. 30, 2023)**
- 210: **ScholarCHIPS: Curiosity with Social Entrepreneur, Yasmine Arrington Brooks (Dec. 14, 2023)**
- 211: **Leadership, Facilitation & Curiosity, with Andres Marquez-Lara, UFacilitate (Dec. 28, 2023)**
- 212: **Slow Down, with Justine Ickes, creative coach & mindful optimizer (Jan. 4, 2024)**
- 213: **Poetry: Curiosity Emerging, with David Keplinger, poet, American University (Jan. 11, 2024)**
- 214: **Curiosity & Genealogy: The Stories We Tell, with Jennifer Mendelsohn (Jan. 18, 2024)**
- 215: **Curiosity, Creativity, Science & Art: “SciArt” with Soren Meibom, astrophysicist/artist (Jan. 25, 2024)**
- 216: **Curiosity & Aging, with Michiko Sakaki, University of Tübingen (Feb. 1, 2024)**
- 217: **Ten Thousand Friends, with Rob Lawless, (@robs10kfriends) speaker & connector (Feb. 8, 2024)**
- 218: **Curiosity & Brain Health, with Dr. Julie Fratantoni, Center for BrainHealth (Feb. 15, 2024)**
- 219: **Curiosity in Work, Life, Politics... & Sports, with Matt Rogers, political strategist (Feb. 22, 2024)**
- 220: **Superpower: Curiosity & Athletic Performance, with Addie Bracy, ultra-trail runner (Feb. 29, 2024)**
- 221: **Seeing Like a Location Scout, with Aaron Hurvitz, movie location scout (March 7, 2024)**
- 222: **Lessons in Curiosity from CreativeMornings, with Regina Buono & Jessica Whalen (March 14, 2024)**
- 223: **The Social Side of Curiosity at Work, with Phil Thompson, PhD., Virginia Tech (March 21, 2024)**
- 224: **Curiosity, Community Radio & Choosing to Trust, with Katya Gordon, radio host (March 28, 2024)**
- 225: **A Special Alchemy: Curiosity, Empathy & Social Media, with Dr. Ben Rein, neuroscientist (April 4, 2024)**
- 226: **Foraging: Curiosity & Dancing with Nature, Tama Matsuoka Wong, professional forager (April 11, 2024)**
- 227: **A Mile in Their Shoes: Friends of the Mount Vernon Trail, one place, many perspectives (April 18, 2024)**
- 228: **Wrestling with Questions, with Ken Woodward, creator, Curated Questions (April 25, 2024)**

#### SEASON NINE:

- 229: **Literary Agent Kayla Lightner Is Looking for Fearless Curiosity, Ayesha Pande Literary (May 2, 2024)**
- 230: **The Ask Approach, with Jeff Wetzler, author of ASK & co-founder of Transcend (May 9, 2024)**
- 231: **The Moore Foundation’s Curiosity-Driven Science Initiative, with Janet Coffey (May 16, 2024)**
- 232: **Beautiful Questions, with Warren Berger, author and “questionologist” (May 23, 2024)**
- 233: **Curiosity & Creating Sense in a World of Nonsense, with Saul Perlmutter, Nobel Laureate (May 30, 2024)**
- 234: **Tips for Wanderers, with Andréa Seiger, author and tour guide (June 6, 2024)**
- 235: **Inviting Curiosity by Design, with Cassini Nazir, Univ. North Texas (June 13, 2024)**
- 236: **Images of Curiosity: Visual & Domain-Specific, with Emily Peterson, American U. (June 20, 2024)**
- 237: **Curiosity at Work: A Swedish Perspective, with Peder Söderlind, author & entrepreneur (June 27, 2024)**
- 238: **Unflinching Empathy & Putting Our Trust in Curiosity, with Rachel Kadish, author & teacher (July 4, 2024)**
- 239: **Identity & the Grace of Curiosity, with Annabelle Tometich, author & editor (July 11, 2024)**
- 240: **A Mile in Their Shoes: A River Runs through Us, one place, many perspectives, #2 in series (July 18, 2024)**
- 241: **Curiosity, Tiny Experiments & Liminal Space, with Anne-Laure Le Cunff, Ness Labs (July 25, 2024)**
- 242: **Social Enterprise: Curiosity, Innovation & Purpose, with Timothy D. Cragette (Aug. 1, 2024)**
- 243: **Does Morbid Curiosity Beget Conspiracy Theories? With Joe Stubbersfield (Aug. 8, 2024)**
- 244: **Curiosity & Belonging, with Kiran Singh Sirah, storyteller & peace builder (Aug. 15, 2024)**
- 245: **How Curiosity Promotes Biodiversity, with Carolin Sommer-Trembo, Univ. Of Basel (Aug. 22, 2024)**
- 246: **Collaboration Is a Curiosity Practice, with Gregg Potter, Project Kinect (Aug. 29, 2024)**
- 247: **Curiosity in Combat, with Chris Kolenda, strategic leadership consultant (Sept. 5, 2024)**
- 248: **Is Earth Exceptional? with Mario Livio, astrophysicist & author (Sept. 12, 2024)**
- 249: **Olin College: A Curiosity Enterprise, with Gilda Barabino, President, Olin College (Sept. 19, 2024)**
- 250: **Rethinking Curiosity, with Todd Kashdan, George Mason Univ. (Sept. 26, 2024)**
- 251: **Curiosity & The Sensational Museum, with Alison Eardley, Univ. of Westminster (Oct. 3, 2024)**

- 252: **The Ig Nobel Prizes: A Curiosity Celebration, with Marc Abrahams**, Improbable Research (Oct. 10, 2024)
- 253: **Why Curiosity Promotes Patience, with Abby Hsiung & Alison Adcock**, Duke Univ. (Oct. 17, 2024)
- 254: **The Art of Noticing, with Rob Walker**, author & journalist (Oct. 24, 2024)
- 255: **Cellists' Puzzles & Curiosity, with Leland Ko**, cellist (Oct. 31, 2024)
- 256: **Curiosity & the Gift of Uncertainty, with Maggie Jackson**, author & journalist (Nov. 7, 2024)
- 257: **Walk in Wonder: 1000 Miles on the Pacific Crest Trail, with Adam Segel-Moss**, hiker (Nov. 14, 2024)
- 258: **Food Curious: Appetites, Opportunities & Influences, with Cristie Mather**, Curious Plot (Nov. 21, 2024)
- 259: **We Are All Birders, with Maria-Elena Montero**, DC Bird Alliance (Nov. 28, 2024)

#### SEASON TEN:

- 260: **New Year, Timeless Wisdom**, excerpts from four fan favorites (Jan. 2, 2025)
- 261: **How to Be a Color Wizard, with Jason Logan**, ink maker, urban forager, author (Jan. 9, 2025)
- 262: **A Mile in Their Shoes: Reclaiming History**, one place, many perspectives, #3 in series (Jan. 16, 2025)
- 263: **Curious Comix, with Argha Manna**, researcher turned comics artist (Jan. 23, 2025)
- 264: **Curiosity Is Taking Neuroscience to New Frontiers, with Jacqueline Gottlieb**, Columbia U. (Jan. 30, 2025)
- 265: **Resolved: Curiosity Is Good for Debate, David Trigaux**, Washington Urban Debate League (Feb. 6, 2025)
- 266: **Loretta Goodwin Is Curious About AI**, educator and education advocate (Feb. 13, 2025)
- 267: **Feed Your Brain, with Kimberley Wilson**, psychologist, author and podcaster (Feb. 20, 2025)
- 268: **Creating Beauty, with Deanne Fitzpatrick**, artist, rug hooker, author (Feb. 27, 2025)
- 269: **Wikipedia & Where We Entrust Our Curiosity, with Rosie Stephenson-Goodknight** (Mar. 6, 2025)
- 270: **Orcas: A Whale of a Curiosity, with Sara Shimazu & Jeff Friedman**, whale watchers (Mar. 13, 2025)
- 271: **The Transformative Power of Curiosity & Deep Canvassing, with Sulma Arias** (Mar. 20, 2025)
- 272: **Curiosity & Wisdom, with Igor Grossmann**, Wisdom & Culture Lab, Univ. of Waterloo (Mar. 27, 2025)
- 273: **Meeting People Where They Are, with Andy Isaacson**, journalist, photographer (April 3, 2025)
- 274: **Public Art Is a Curiosity Practice, featuring Tomora Wright Swann & Aurora Robson** (April 10, 2025)
- 275: **Pick a Book, Any Book: Curiosity & Media Choices, with XuanJun Gong**, Texas A&M (April 17, 2024)
- 276: **Just Looking, with Menka Sanghvi**, author, mindfulness & digital habits expert (April 24, 2025)
- 277: **Curiosity & the World Peace Game, with John Hunter**, creator World Peace Game (May 1, 2025)
- 278: **Question Formulation & Cultivating a Collaborative Culture of Curiosity, with Patty Gómez** (May 8, 2025)
- 279: **Kinesthetic Curiosity: Our Styles of Moving Among Information & Ideas, with Dale Zhou** (May 15, 2025)
- 280: **Curiosity & Choosing to Be Optimistic, with Kevin Kelly**, thought leader & radical optimist (May 22, 2025)
- 281: **Curiosity in Challenging Racism & Celebrating Juneteenth, with Monique "Moe" Bryant** (May 29, 2025)
- 282: **Lessons Learned**, the Choose to Be Curious origin story and some insights along the way (June 5, 2025)
- 283: **In Praise of (Curiosity-Driven) Research, with Anthony Zador**, Cold Spring Harbor Lab. (June 12, 2025)
- 284: **Curiosity in the Jewish Tradition, with Rabbi Nancy Flam**, rabbi & thought leader (June 19, 2025)
- 285: **Curiosity in Translation & Interpretation, with Silvia Villacampa**, translator & interpreter (June 26, 2025)
- 286: **Curiosity, Book Bans & Bad-Ass Librarians, with Diane Kresh**, Arlington Public Library (July 3, 2025)
- 287: **The dr. T project & Things Worth Knowing, with Shawkat Toorawa**, Yale University (July 10, 2025)
- 288: **Celebrating Civil Service & Curiosity, with Mikel Herrington**, retired public servant (July 17, 2025)
- 289: **Getting to the Heart: Curiosity & Ghost Writing, with Laura Zigman**, author (July 24, 2025)
- 290: **RumorGuard: Curiosity Takes on Misinformation, with Dan Evon**, News Literacy Project (July 31, 2025)
- 291: **Making Sense: Curiosity & Smell, with Venkatesh Murthy**, Harvard University (Aug. 7, 2025)
- 292: **Seeing & Being Seen, with Humanitarian Photographer Lisa Kristine** (Aug. 14, 2025)
- 293: **Curiosity Becomes the Engine for Learning, with Matthias Gruber**, Cardiff University (Aug. 21, 2025)
- 294: **Curiosity & Dating, with Tim Molnar**, author & dating coach (Aug. 28, 2025)
- 295: **Cultivating Curiosity: Move. Think. Rest. with Natalie Nixon**, Figure 8 Thinking (Sept. 4, 2025)
- 296: **Curiosity & Successful Aging, with Mary Whatley**, neuroscientist, Western Carolina Univ. (Sept. 11, 2025)
- 297: **Curiosity Lessons from Solutions Journalism, with Mónica Quesada Cordero** (Sept. 18, 2025)

- 298: Curiosity Builds Rapport, with Tyler Chisholm, CEO, author & podcaster (Sept. 25, 2025)**
- 299: The Creative Quester's Guide to Curiosity, with Sam Furness, founder Channel Twelve (Oct. 2, 2025)**
- 300: Curiosity & Listening with the Energy of Fourteen Hearts, with Haru Yamada, sociolinguist (Oct. 9, 2025)**
- 301: Birdability & Making Curiosity Accessible, with Cat Fribley, advocate & birder (Oct. 16, 2025)**
- 302: Curiosity at PechaKucha Night Knoxville, with Lila Honaker & Matthew DeBardelaben (Oct. 23, 2025)**
- 303: Curiosity & Finding Good, with Brian Fretwell, speaker, coach & innovator, Finding Good (Oct. 30, 2025)**
- 304: Curiosity in Body & Mind, with Qudsiya Naqui, attorney, podcaster & disability advocate (Nov. 6, 2025)**
- 305: Curiosity & Creativity: The Know-how, Practice & Mastery of Creativity, with Stan Lai (Nov. 13, 2025)**
- 306: Skip the Small Talk, with Ashley Kirsner, founder & CEO, Skip the Small Talk (Nov. 20, 2025)**
- 307: Curiosity & Nature Journaling, with John Muir Laws, Wild Wonder Foundation (Nov. 27, 2025)**

#### **SEASON ELEVEN:**

- 308: CheapNFreeDC: Curiosity, Passion & Purpose, with Estee Levine, social media creator (Jan. 1, 2026)**
- 309: Curiosity & Re-Evaluating Failure, with Samuel West, founder Museum of Failure (Jan. 8, 2026)**
- 310: Wine & A Taste for Curiosity, with Alicia Towns Franken, sommelier & CEO, Wine Unify (Jan. 15, 2026)**
- 311: Civity: Engaging Others with Respect, Empathy & Curiosity, Malka Kopell & Palma Strand (Jan. 22, 2026)**
- 312: Curiosity in Emergency Medicine, with Dr. Chris Ford, physician & podcaster (Jan. 29, 2026)**
- 313: Curiosity, Kids & Learning to Learn, with Elizabeth Bonawitz, Harvard Grad School of Educ. (Feb. 5, 2026)**
- 314: "Curiosity Is the Thing That Drives You to Figure Out Who You Really Are", Jimmy Hatch (Feb. 12, 2026)**
- 315: Late Bloomer Living: Curiosity & Play, Yvonne Marchese, Late Bloomer Living podcast (Feb. 19, 2026)**
- 316: We of Action: Curiosity in Activism, with Micaela Pond, founder, WofA (Feb. 26, 2026)**
- 317: Chronolog & Time-Lapse Curiosity, with Ky Wildermuth, co-founder Chronolog (Mar. 5, 2026)**
- 318: Curiosity & The Humane Space, with Lauren Henkin, photographer & founder (Mar. 12, 2026)**
- 319: Curiosity & the Essential Question of News, with Art Cullen, Storm Lake Times Pilot (Mar. 19, 2026)**
- 320: Wikipedia & Making Time for Curiosity, with Lisa Seitz Gruwell, Wikimedia Foundation (Mar. 26, 2026)**

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

- *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*
- *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*

**WINNER:** 2024 Alliance for Community Media, Hometown Media Award: Best Audio Programming by an Independent Producer; 2021 Alliance for Community Media, Hometown Media Award: Best Community Radio Talk Show Series; 2020 Arlington Magazine: Editor Pick, Best Local Podcast.

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