

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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2016

- 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)

2017

- 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)
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)

2018

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)
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)

2019

- 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)
- 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)

2020

- 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)**
- 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)**

2021

- 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)**
- 143: Compassionate Curiosity & Death, with Voloria 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)**

2022

- 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)
- 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 Podcacher 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)

2023

- 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)
- 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)

2024

- 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)
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. Craggette (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)

2025

- 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)

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- 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)
- 321: Curiosity & Purpose Commons**, with **TeRay Esquibel**, exec. director, Purpose Commons (April 2, 2026)
- 322: Not Knowing**, with **Lady Borton**, historian, author & journalist (April 9, 2026)
- 323: There Are Clues Everywhere**, with **Amber Wiley PhD**, Institute for Quality Communities (April 16, 2026)
- 324: Sister Cities: Pairing Curiosity & Trust**, with **Fred Blanton**, Sister Cities International (April 23, 2026)
- 325: Dance Your PhD: Curiosity & Synchrony**, with **Manisha Biswas**, cognitive scientist (April 30, 2026)
- 326: Marking Our 10th Anniversary**, stories and reflections (May 7, 2026)
- 327: In a Good Place**, with **Leidy Klotz**, author, University of Virginia (May 14, 2026)
- 328: Curiosity in Raccoons**, with **Hannah Griebing**, researcher, University of British Columbia (May 21, 2026)
- 329: Curiosity & the Come Together Music Project**, with **Shaka Mitchell**, founder (May 28, 2026)
- 330: Curiosity & the [New] American Dream**, with **Philippa Pham Hughes** (July 2, 2026)
- 331: Great Question: The Art of the Ask**, with **Larry Robertson**, author & innovator (July 9, 2026)
- 332: Curiosity, Faith & Believing in Everything**, with **Jen Dary**, author & coach (July 16, 2026)
- 333: Curiosity, Architecture & Legacy**, with **Alexander Josephson**, founder, Partisans (July 23, 2026)
- 334: Curiosity & I**, with **O'Neil Agossa**, global health consultant & author (July 30, 2026)
- 335: The Hidden Power of Questions**, with **Lani Watosn**, philosopher (Aug. 6, 2026)
- 336: Curiosity & Life-Long Kindergarten**, with **Lakshmi**, founder NoomaLooma (Aug. 13, 2026)
- 337: The Big Asheville Science Salon: Curiosity & Community**, with **James Fuller**, founder (Aug. 20, 2026)
- 338: Make It Your Own: Autotelic Curiosity**, with **Pierre-Yves Oudeyer**, research director, Inria (Aug. 27, 2026)
- 339: Untrammelled Curiosity & Civic Thought**, with **Stephanie Almeida Nevin**, Yale Univ. (Sept. 3, 2026)
- 340: In the Mix: Curiosity, Unsureness & AI**, with **Maggie Jackson**, journalist & author (Sept. 10, 2026)

341: Ready or Not: Curiosity & Emergency Preparedness, with Davyne Dial, WPVM-LP (Sept. 17, 2026)

342: Curiosity in Communications & PR, with Greg Abel, Abel Communications (Sept. 24, 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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