



702 ABC  
Sydney

Media Release

## James Valentine Head Room - the tonic for modern life

**Thursday 29 September**

Confused? Bewildered? Don't know where to turn? Try a dose of the new podcast from 702 ABC Sydney's Afternoons presenter - *James Valentine Head Room*. It probably won't help, but at least you'll know you're not alone.

In *Head Room*, James will explore, in his own inimitable fashion, the deeper questions of life. Who are we? Why do we do the things we do? What are we really about? And how is it we all still manage to live together?

The richness of topics covered in his daily radio program will provide the starting point for each podcast.

These audio essays will reveal why James is so taken by each subject, explaining his fascination, thoughts and reflections on the topic.

The content won't necessarily be topical, it may not even be the best issue of the week, but it will provide an exploration of the mundane and a questioning of the tried and true. Take your daily dose and remember, if it's hard to swallow then it must be good for you.

**Here's a rundown of the latest episodes:**

### **Aitchers Gonna Hate**

Do you have strong views about the pronunciation of the eighth letter of the alphabet? Scratch the surface, and most of us have a clear view of how 'H' should sound. The difference is no more than a breath of air or an exhalation. But for those who firmly believe the letter 'H' should sound like an 'aitch' rather than a 'haitch', the difference is crucial. Aitches go nuts when they hear haitch. James Valentine explores why haitch grates so intensely with the aitches.

### **Squirmy Words**

In 2016, the Oxford Dictionary website decided to search the world for our least favourite word. James Valentine has been searching for our least favourite words for some time now. He calls them squirmy words – those words that sound off-putting. They can be a bit creepy, sordid and awful. Warning – there is discussion of genitalia.

### **Cats and Zen**

Brigit the tonkinese cat was caught stealing men's underwear and socks in the New Zealand town of Hamilton. But it turns out Brigit is not the only fleecing feline. James Valentine uncovers several stories of cats on the prowl often creating mayhem in their neighbourhoods. This episode also

explores the ways in which people find stillness and calm in their life. We're not talking meditation or yoga but those moments of found zen in your day.

### **Buying Hope**

There are things we buy where we're not buying the thing - we're buying an emotion. What else explains the domination of cookbooks? James Valentine believes we're not just buying the cookbook, we're buying the hope of living a life of hearth and home. But this sense of hope is not limited to books. From stationary to op shopping to knitting patterns to diets to fishing tackle, there are many ways we buy hope.

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