

April 22, 2019 Monday Schedule; repeats May 6, 2019

Midnight to 0655: royalty-free music

0655: Sign-on (FM 106.9 in Pine Mountain Club, California)

0700: Democracy Now: 1 hr. stream from Pacifica, a national, daily, independent, award-winning news program hosted by journalists Amy Goodman and Juan Gonzalez.

0800: PoetsWest: Poems on our relationship with the cosmos and planet earth. Archive 09-27-2009

0830: PoetsWest: Olive harvest in Palestine usually is in mid-October. Poems by Palestinian poets read in both Arabic and English with focus on the olive harvest. Archive 10-11-2009

0900: Lessons From a Radical Model: WGDR, Goddard College Community Radio, with your host Jackie Batten, explores questions through the lives and work of people connected with Goddard College: students, alumni, faculty, staff, guests, artists in residence, and others. What happens when individuals are taught how to take imaginative and responsible action in the world? What work is created when someone is encouraged to question received knowledge and the status quo? And what lessons are learned when we create a new understanding of the world and human experience? Archive 04-05-2017

0930: Lessons From a Radical Model: For Galen Passen, his progressive education has helped him engage with the frameworks of oppression and appropriation that inform western perceptions of Indian artforms. As a white person, he also explores what it means to be an outsider in the cultural artform of sitar. Archive 04-12-2017

1000: Ask Peggy About Your Finances: a personal finance show divided into three segments. "Legislative Update," provides the latest news on current events that impact your money, "Plan Your Prosperity," explains financial planning topics, and "Ask Peggy," answers questions provided by you, the listeners. The show is educational, not investment advice. In this program, Peggy Doviak discusses the Equifax hack, updates the status of the DOL fiduciary legislation, defines financial planning, and answers a question about target date funds. Archive 11-12-2017

1030: Ask Peggy About Your Finances: In this program, Peggy Doviak discusses the following topics in the Legislative Update: 1. The Senate's killing the bill allowing financial class action law suits 2. The Department of Education limiting student loan forgiveness 3. An Equifax update 4. A DOL fiduciary rule update. In the second block, Peggy talks about differences in IRAs and how to save an emergency fund. In the final block, Peggy answers questions about saving for retirement and funding the cost of college. Archive 11-12-2017

1100: Food Sleuth: Did you know that water is our most important nutrient, and industrial agricultural production methods threaten water quality, public health, and quality of life in rural communities? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her interview with William Stowe, CEO and General Manager of the Des Moines Water Works. Stowe sits on the board of directors of the Association of Metropolitan Water Agencies, which comprises the largest drinking water utilities in North America. He describes the environmental and economic impacts of industrial agriculture on rural communities, with citizens forced to pay to clean up polluted water which threatens their health and prohibits recreational water use. Stowe exposes the feed the world meme, explaining how conventional Midwestern agriculture (corn, soy) feeds gas tanks, and hogs that go to China " at the expense of the local environment and all who live downstream. He provides listeners with tips for strengthening local control, and knowing and protecting our watersheds. Archive 07-29-2018

1130: Food Sleuth: Did you know that labor union contracts help protect slaughterhouse workers health and safety? Join Food Sleuth Radio host and Registered Dietitian, Melinda Hemmelgarn, for her

interview with Dennis Olson, Senior Research Associate and Policy Analyst for the United Food & Commercial Workers International Union. Olson describes how labor unions in poultry slaughterhouses help uphold safer line speeds. He also describes the Center for Good Food Purchasing (<https://goodfoodpurchasing.org/>) which uses collective buying power to drive market shifts towards fair labor practices, local economies, environmental sustainability, sound nutrition and animal welfare. Finally, Olson discusses the demise of Country of Origin Labeling and the loopholes of the Product of USA label. Archive 08-05-2018

1200: MyND Talk: Aging Well Anthony Cirillo: An expert in assisting businesses to deal with the vagaries of insurance for their employees, while helping those who are aging to live their most vibrant lives. Archive 02-17-2019

1230: MyND Talk: Healing a Community Melissa Glaser : After the horrific tragedy at Sandy Hook Elementary School in Newtown, Connecticut, local caregivers, civic leaders, and first responders had the daunting task of navigating emotional and physical trauma as they stitched their community back together. The recovery process takes years, and as the coordinator of the Newtown Recovery and Resiliency Team, Melissa Glaser managed the towns. Archive 02-18-2019

1300: Catskill Review of Books: Do As DC says, Not As DC Does : Garrett Peck talks about Prohibition in DC, longer but limper. Archive 04-23-2011

1330: Catskill Review of Books: This week's Catskill Review of Books from WJFF features Ian Williams, born-again atheist, discussing 'The Mysteries of the Jesus Prayer' with author Norris Chumley, who trekked and filmed the monasteries of the Orthodox world from the deserts of Sinai to the steppes of Russia to research the history of a religious tradition in which the Pope just another bishop. Archive 05-01-2011

1400: Conversation Earth: You could be wealthier than you think. Have you heard of time affluence? According to economist/sociologist Juliet Schor, many of us are giving up the good life in our quest for material possessions. Symbols of success, instead of enriching our lives, create stress. Americans are working longer hours and taking on debt to keep up with the Joneses and reproduce a lifestyle we've been told makes life worth living. Schor thinks there s a better way. She calls it plenitude, and it s a small-scale lifestyle involving greater degrees of both self-sufficiency and community, more control over our time, and more satisfaction. Archive 05-16-2016

1430: Conversation Earth: World-renowned physics professor Al Bartlett was quick to tell us smart growth and dumb growth both lead us to the same undesirable end; smart growth just takes you there in style. Bartlett penned Laws Relating to Sustainability, the most important of which was: Population growth and/or growth in the rates of consumption of resources cannot be sustained. Bartlett was best known for his lecture on exponential growth, which he delivered nearly 2,000 times, around the world. The physicist campaigned tirelessly for honest acknowledgement of limits to growth " both globally and in his adopted hometown of Boulder, Colorado. Archive 05-23-2016

1500: Counterspin: CounterSpin provides a critical examination of the major stories every week, and exposes what corporate media might have missed in their own coverage. CounterSpin highlights censored stories and exposes biased and inaccurate coverage, while examining the power of corporate influence and sexism, racism and homophobia in the news. On 2/5/10, Bob McChesney and John Nichols on 'The Death and Life of American Journalism'. Archive 02-03-2010

1530: Counterspin: Sikivu Hutchinson on Tea Party movement; Carl Conetta on Pentagon spending. Archive 02-10-2010

1600: Children's Storytime: This show is about trees. Archive 05-15-2012

1630: Children's Storytime: Music. Archive 05-18-2012

1700: Flashpoints: 1 hr. stream from Pacifica; An award winning front-line investigative news magazine, focusing on human, civil and workers' rights, issues of war and peace, Global Warming, racism and poverty, and other issues. Hosted by Dennis J. Bernstein.

1800: Pacifica Evening News: 1 hr. stream from Pacific ; The Pacifica Evening News is a collaboration of KPFA and KPFK in Los Angeles and KFCF in Fresno. Comprehensive coverage of the day's news with a focus on war and peace; social, environmental, and economic justice.

1900: History Counts: Mother Jones: Union organizer Mother Jones traveled America fighting on behalf of coal miners, textile workers and child laborers. Unafraid of the goons and soldiers sent to harass her, she was called by one prosecutor "the most dangerous woman in America." Archive 12-29-2007

1930: History Counts: Assault on the USS Liberty: Retired US Navy officer James Ennes gives an eyewitness account of the unprovoked and devastating attack by Israel on the USS Liberty during the Six Day War. No Liberty veteran has ever been asked to testify before Congress about it. Archive 12-29-2007

2000 & 2100: Golden Age of Radio: Orson Welles, Richard Widmark, Bing Crosby, Eddie Cantor. Archive 01/29/2011

2200 to midnight: royalty-free music